BOOK OF HEALING
CHRIS COMISH

Copyright © 2024 Chris Comish

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise be copied for public or private use- other than for "fair use" as brief quotations embodied in articles or reviews- without written permission from the author.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your right, the author and the publisher assume no responsibility for your actions.

Disclaimer

These distant healing sessions are not meant to be a substitute for proper medical diagnosis, treatment or care.

Cover art credit: Photo © loops7 at istockphoto.com

www.cityofshamballa.net

This book contains 60 distant healing sessions prepared for you. Each session is ready to receive. The healing sessions may be received forever and for an unlimited amount of times. The sessions have been programmed at Spirit levels to be received as many times as each recipient requests it.

The healing sessions in the book include Heal Worry and Anxiety, Heal Repression, Heal Denial, Heal Shame, Heal Rejection, Heal Guilt, Heal Separation, Heal Gossip, Heal Blame, Heal Jealousy and Envy, Heal Lack, Heal Hate, Heal Anger, Heal Rage, Heal Addiction, Heal Arrogance, Heal Ignorance, Heal Fear, Heal Judgment, Heal Hypocrisy, Heal Selfishness, Heal Betrayal, Heal Narcissism, Heal Lust, Heal Violence, Heal Avoidance, Heal Apathy and Indifference, Heal Prejudice, Heal Lying, Heal Cheating, Heal Stealing, Heal Malice, Heal Revenge, Heal Pride, Heal Doubt, Heal Depression, Heal Powerlessness, Heal Victim-Victimizer, Heal Crossing Boundaries, Heal Intolerance, Heal Impatience, Heal Control, Heal Obsession, Heal Co-Dependence, Heal Root Chakra, Heal Sacral Chakra, Heal Solar Plexus Chakra, Heal Heart Chakra, Heal Throat Chakra, Heal

Third Eye Chakra, Heal Crown Chakra, and much more.

This book also contains an Invocation and Meditation for the Archangels, Prayers and Meditations, Wisdom Teachings, a Discussion of Divine Laws, and a Teaching about the Path of Dharma.

The purpose of this book is to heal a mass audience using Reiki energies to assist the recipients to heal imbalances and to find Divinity within.

Reviews

"Chris Comish is a gifted healer who has unlocked sacred mysteries and given us the keys to change our destiny. We are now awakened. Thank you for showing us the path to the Creator. Chris, your actions of Love and Compassion for All That Is will never be forgotten."

- George, Ohio, U.S.A.

"Chris is an amazing person with a strong will and unlimited talent. He can do anything that he puts his mind to."

- Neal Parks, founder, Parks Paranormal Research and Investigation, host of the show Paranormally Speaking

"I have no reservations in highly recommending this groundbreaking work from a spiritual pioneer who has made it his life's mission to bring the Light to all mankind."

- Mary Keating, Reiki master, owner and founder of Ai Kansha cat sanctuary

"Chris Comish is an exceptional trans-channel of Reiki energies and a true blessing in the spiritual/energetic healing modalities world. I'm honored to know him and have been a recipient of his healing work."

- Blane Hoffman, Reiki master, tattoo artist, owner, operator, Barking Dog Tattooz

"We have often been told that our society is weak and fearful and therefore escapes reality and uses technological tools like computer and internet to build a virtual reality. Yet, what I found 14 months ago was anything but virtual. Among the many things that I had been reading, one in particular was melting my heart and expanding the amount of Love and Light in it: Chris Comish's writings. Chris' writings convey intense energies of Compassion and

Love, Humbleness and Oneness. Chris finds your Heart because he looks incessantly for you, your Heart finds Chris because incessantly you looked for God and His Unconditional Love."

- Luciana, Pennsylvania, U.S.A.

Testimonials

"I'm very satisfied with the received Reiki Healing. I feel I have more focus and willpower over my past addictions. This summer I have been struggling with physical and mental addictions. Since the healing I see enormous improvement. I recommend. It works."

- Darius

"Thank you for making this available and especially at an affordable price. Very much appreciated."

- Salomae

"Felt great. Thank you for this!"

- Betty

"This healing is very powerful and helpful. Thank you Chris, God bless powerfully."

- Maria

"I love the violet flame and God has blessed me to know about this huge gift, I pray I have it forever, in any place or time. I want to always remember the violet flame!"

- Yvette

"Very good thank you very much."

- Nathalie

"Soft light energies. Could sense the energy flow on my Heart chakra for a while. A pure delight. Thank you Chris!"

- Julie

"AMAZING! As soon as I called the energies, I could feel tingling sensations on my face, then the energies running up through my feet to my whole body. The energy flow got stronger, more intense, giving rise to a huge wave of emotions. Thank you so much for this wonderful experience and for sharing your gifts with such generosity."

- Julie

"It was helpful, thanks I enjoyed it."

- Anna

"Thank you so much. Amazing experience!"

- Wendy

"Absolutely magic! Felt tingles all throughout my body, such a beautiful experience. Definitely recommend."

- Dani

"I have always had great work done by Chris! Never disappointed and this one was another hit. I read the words 3 times like he said to and boom my whole head- Crown Chakra- was tingling, buzzing like for a few minutes… Very Awesome."

- Chaz

"Amazing. I wouldn't have believed it if I hadn't received it. Thank you."

- Natalie

"A++, thank you!"

- Matt

"Felt very good immediately after downloading the energy."

- Karena

"Thank you so much. Felt effects immediately. Everyone who comes across this opportunity should take it!"

- Kimberly

"Throughout the session, I felt a deep sense of peace and safety, knowing that through visualization, I was being held in a supportive space where healing could take place. It's amazing how much transformation can occur through this type of work - not just on a physical level but also emotionally and spiritually. Overall, I would highly recommend unlimited distant energy healing to anyone looking to improve their overall well-being. It's a powerful tool for accessing deeper levels of healing and growth and there's never been a better time to explore this modality."

- Shaina

Table of Contents

Dedication

A Prayer to the Creator

A Quote

Introduction

Chapter 1- Frequently Asked Questions

Chapter 2- Distant Healing Sessions

1. Heal Worry and Anxiety

2. Heal Repression

3. Heal Denial

4. Heal Shame

5. Heal Rejection

6. Heal Guilt

7. Heal Separation

8. Heal Gossip

9. Heal Blame

10. Heal Jealousy and Envy

11. Heal Lack

12. Heal Hate

13. Heal Anger

14. Heal Rage
15. Heal Addiction
16. Heal Arrogance
17. Heal Ignorance
18. Heal Fear
19. Heal Judgment
20. Violet Flame Healing Session
21. Distant Healing Session
22. Purification Healing Session
23. Alpha Omega Healing Session
24. Essene Healing Session
25. Heal Hypocrisy
26. Heal Selfishness
27. Heal Betrayal
28. Heal Narcissism
29. Heal Lust
30. Heal Violence
31. Heal Avoidance
32. Heal Apathy and Indifference
33. Heal Prejudice
34. Heal Lying
35. Heal Cheating
36. Heal Stealing
37. Heal Malice
38. Heal Revenge
39. Heal Pride
40. Heal Doubt
41. Heal Depression
42. Heal Powerlessness
43. Heal Victim-Victimizer
44. Heal Crossing Boundaries

45. Heal Intolerance
46. Heal Impatience
47. Heal Control
48. Heal Obsession
49. Heal Co-Dependence
50. Heal Root Chakra
51. Heal Sacral Chakra
52. Heal Solar Plexus Chakra
53. Heal Heart Chakra
54. Heal Throat Chakra
55. Heal Third Eye Chakra
56. Heal Crown Chakra
57. Axiatonal Lines Connection
58. Higher Self Joy Bliss Connection
59. Group Starseeds Healing Session
60. Group City of Shamballa Healing Session
Chapter 3- Invocation and Meditation for the Archangels
Chapter 4- Prayers and Meditations
Chapter 5- Wisdom- A Collection of Teachings
Chapter 6- Wisdom- Steps to finding the Divine within
Chapter 7- Wisdom from the Masters
Chapter 8- Divine Laws
Chapter 9- The Path of Dharma
Bibliography
Afterword
About the Author
Books by the Author

Dedication

This book is dedicated to all of my beloved Lightworker friends. May Love

and Light be spread around the world.

A Prayer to the Creator

Oh Lord, make me an instrument of thy peace.

Where there is discord, let me sow union,

Where there is hatred, love,

Where there is despair, hope,

Where there is darkness, light,

Where there is doubt, faith,

Where there is sadness, joy.

Lord, let me seek not to be understood,

But to understand,

Not to be loved, but to love,

For it is in consoling that we are consoled.

It is in pardoning that we are pardoned.

It is in giving, that we receive, and It is in dying, that we rise to eternal life with thee.

- St. Francis of Assisi

A Quote

"I've set the intention that all who ask to receive healing from me, receive healing perfectly, and instantly, the moment they call the healing session in, regardless if the healing session is prepared in the past, present, or future, and regardless of who the recipient is."

- Chris Comish

Introduction

Do good works on Earth.

- God

This book has been written as a service for the good of all beings. There is no particular audience in mind. It may be helpful to have some metaphysical background, to understand the mechanics behind these distant healing sessions, but it is not necessary.

Spiritual energies are part of a whole system of healing, and are not a replacement for seeing your doctor. They are a complement to the services provided by the medical field.

The Human Body is a complex machine, a vehicle that enables our Spirit to experience the physical world. Our body is a vehicle, and like your automobile, needs maintenance. But, there are parts of the vehicle that are fed by Spirit, and not just DNA. The DNA is your physical blueprint. Between the DNA and Spirit, there are linkages at the cellular level, via electricity and magnetism.

Healing Energy flows through the linkages, to repair the areas that are not noticed, or may be beyond repair by physical world doctors. As a mechanic can repair vehicle parts in the physical world, a spiritual mechanic needs to be available to repair the spiritual body, and its linkages to the physical body. That is where distant healing comes in.

This book contains sixty healing sessions prepared for the recipient which are ready to receive. There are different healing sessions for whatever the recipient wishes to heal.

These healing sessions may be received forever and for an unlimited amount of times. The sessions have been programmed at Spirit levels to be received as many times as each recipient requests them.

Each healing session is received best in a quiet place, away from distractions. It is helpful for the recipient to accept the energies as they arrive, and not to resist the energies. The energies may appear uncomfortable at first, especially if there are blockages. Many people do not understand multi-dimensional energies, because they do not have the vantage point the multi-dimensional levels have.

But as the recipient opens to faith, knowing they are deeply loved by all, including those levels beyond their own, and trusts and accepts the healing energies flowing through them, miracles happen. So have faith all is well, and all will be well. May faith in that, which is great beyond all words, light your path.

Wishing you enjoyment, many blessings, and many miracles as you receive these energies of healing.

Many blessings to all of you,

Chris Comish

Chapter 1- Frequently Asked Questions

Tend the fire of your heart- with each act of love the fire grows more toward me.

- God

What makes these healing sessions different from others?

These healing sessions combine nearly 100 different modalities I have been attuned to since 2006. I invoked a large number of Divine beings of the highest Love and Light to assist with each healing session, and due to the support of the Divine, each healing session is powerful, and heals exactly what the recipient wishes to heal on any level. Each healing session is always for the recipient's highest and greatest good.

I use experience from sending distant healing sessions and attunements encoded in words since 2009. I created multiple books, videos, and events using this method. The vast majority of the work is done by Spirit. I am the initial medium to get the energy to others on Earth. Many others, whom I work with, have created effective healing sessions and attunements for others using these methods.

My first books, videos, and events containing healing sessions and attunements were created in 2009. They are still being received today, through the power of Spirit. Spirit is timeless, and has the ability to bend the past, and the future that our mind perceives, into what is called the Eternal Present, or Eternal Now.

Read the testimonials of my healing sessions and attunements as testimonials of my effectiveness.

These healing sessions obey the law of free will. Each session will only be received, when the recipient wishes to receive it. If the recipient accidentally asks to receive the healing session, when they are not ready, there are certain words the recipient can say to delay, or stop the healing session delivery process, until they are ready to receive the healing session.

The recipient's Higher Self is actively involved in the healing process. The recipient's Higher Self/Spirit knows the recipient best, and is best positioned to deliver the healing energies perfectly. Give thanks to Spirit. Spirit makes all things possible.

Each healing session is prepared already for you, and ready to be received instantly. Each session can be received when you want to receive it. No more setting appointments or matching time zones. There is no need for the healer to know the name of the recipient, or location of the recipient.

Each healing session is encased in a chi-ball and does not require the healer to be present. Each healing session is already prepared in the past, to be received in the future.

These healing sessions can be received by anyone worldwide. Each session is ready to be received by anyone, anywhere, at any time.

Each healing session may be received forever, and for an unlimited amount of times. Each healing session has been programmed at Spirit levels, to be received, as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

Each distant healing session is often a life-changing experience, allowing for the healing of the body, mind, and spirit. These concretely felt energies are initiated at the start of your session, and continue working with you long after your healing session ended.

Due to the strength of each healing session, it is recommended to drink water and rest following the healing session.

What healing energies (or modalities) are used during each healing session?

The modalities used in each healing session include:

Usui Reiki

New Usui Reiki

Full Spectrum Healing

Karuna Ki Reiki

Lavender Flame Reiki

Silver Violet Flame Reiki

Green Tara Seichim Reiki

Medicine Buddha Reiki

Imara Reiki

Kundalini Reiki

Golden Ray Empowerment

Gold Reiki

Orb of Life

Circuitry Resonance Activation

Elohim Empowerment

Planetary Ray Attunements

Cosmic Ray Attunements

7D Activations

Axiatonal Lines Connection

Higher Self Joy/Bliss Connection

Gaja Reiki

Infinite Light

White Light Empowerment

Lord Kuthumi Reiki

22 Lightbodies Activation

Angelic Seichim Reiki

Wound Healer Reiki

Golden Star Christ Activation

49 Angelic Symbols

Deep Healing Reiki

Eternal Cosmic Christ Empowerment

Purification for You

Metatron Initiations

Abundance Reiki

Money Reiki

Amara Spiritual Empowerment

Melchizedek Attunement

Rumi Empowerment

Order of Melchizedek

Telepathy Gene Awakening

Earth Blessing Empowerment

5th Dimensional Flame of Healing

Star Energies Reconnection

The Forgiveness Experiments

Spiritual Transmission Initiation

Star Goddess Li-Ha and the 7 Pleiadian Goddesses of Starlight Star Code

Activation

The Secret Art of Blessing

Higher Self Merging

Full Presence Spiritual Technique Attunement

Christic Force Purification and Healing

7 Chakra Source

Activation of the Medicine Wheel

Angels of the Heart Empowerment

Alpha Omega Healing

Essene Healing

Isis Blue Moon Healing

Elohim Initiation

Archangel Metatron Attunement

Mahatma Initiation

My Way Home

Octagon Star Tetra Energy

The Indigo Light Empowerment with the Help of Quan Yin

Angel Contact

Mental Flush Empowerment

Violet Flame Reiki

God Attunement

Good Sleep Empowerment

Emerald Essence

Aura Flush Empowerment

Infinite Oneness Activation

Chakra Flush Empowerment

Negative Entities Clearing Reiki

Dragon Empowerment

The Courage of Spirit Empowerment

Ray of Hope Empowerment

Abundantia- Abundance Ray

Mary and Zadkiel Orb Attunement

Power Prosperity Symbol

Deep Healing Reiki

White Protection Energy Bubble

Ascension Reiki

Pain Management Empowerment

Akashic Records

Attune to Divinity

Balance Out Empowerment

Eclipse Energy Empowerment

Orb Attunement for Protection

Seraphim Angels Blessings

7 Archangels Empowerments

Chakra Healing Attunements

And many more.

NOTE If you would like to become a Reiki healer, and be attuned to the energies above- read the book 28 Powerful Reiki Attunements, check out the Books by the Author section at the end of this book, and visit the events at the website https://www.cityofshamballa.net/

How can I receive the healing?

Get in a quiet place, where you will not be disturbed, for up to one hour. You do not need to provide your name or location. Each healing session is already prepared for you, and ready to receive when you ask to receive it. I've set the intention that all who ask to receive healing sessions from me, receive them perfectly, and instantly, the moment they call them in, regardless if the healing session is prepared in the past, present, or future, and regardless of who the recipient is. It is helpful for the recipient to trust, and accept the energies as they arrive, and not to resist the energies. Please remember to drink water and rest following the healing session.

How is this possible?

I've received attunements and healing sessions since 2006. During this time, I learned a technique to create a chi ball that holds healing sessions or

attunements, which is delivered from my Higher Self to the recipient's Higher Self. When the recipient asks to receive the healing session or attunement, it is delivered instantly by the recipient's Higher Self, in accordance with the recipient's free will.

Chapter 2- Distant Healing Sessions

Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, "Move from here to there," and it will move. Nothing will be impossible for you.

- Jesus/Jeshua in Matthew 17:20

Receive distant healing instantly. You can call in each healing session multiple times, on different days, there is no limit to the number of times you can receive healing. Just read or say the words again. The intent is set for anyone to receive, so you can give others the words to read or say, and they will be healed. Any recipient in the whole world will be healed perfectly, when they read or say the words. That is my intention.

Each healing session will last up to one hour. You may receive the healing again, following the first session. Just read or say the same words again. Give the words to your friends and family. They will also receive the healing when they ask to receive it. During the session, you may have changes in breathing, and various other body reactions to the energy. Understand this is normal.

The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust the energy and accept the energy. The energies are sent for your highest and greatest good, and guided by your Higher Self, who loves you unconditionally. Everything will be perfect for you, because Spirit is healing you. If you fall asleep during the session, do not worry. It is normal.

1) Reiki Healing Session- Heal Worry and Anxiety

This Reiki Distant Healing Session is for healing of Worry and Anxiety. What is Worry? Worry is to give way to anxiety or unease; to allow one's mind to dwell on difficulty or troubles. What is Anxiety? Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event, or something with an uncertain outcome.

The intention of this healing session is to fill the recipient with Love and Peace, the two antidotes to Worry and Anxiety. The intention of this healing session is to cleanse the recipient of all Worry and Anxiety.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn

off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Worry and Anxiety healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Worry and Anxiety healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Worry and Anxiety healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

2) Reiki Healing Session- Heal Repression

This Reiki Distant Healing Session is for healing of Repression. What is Repression? Repression is the restraint, prevention, or inhibition of a feeling, or quality, etc. Repression is the action or process of suppressing a thought, or desire, in oneself so that it remains unconscious.

The intention of this healing session is to fill the recipient with Freedom and Authenticity, the two antidotes to Repression. The intention of this healing session is to cleanse the recipient of all Repression.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Repression healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Repression healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Repression healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

3) Reiki Healing Session- Heal Denial

This Reiki Distant Healing Session is for healing of Denial. What is Denial? Denial is the failure to acknowledge an unacceptable truth, or emotion, or to admit it into consciousness, used as a defense mechanism. Denial is the expression of fear, as anger or aggression. Being in denial is to be unable to see oneself, and take responsibility for actions. Denial leads to blaming others.

The intention of this healing session is to fill the recipient with Acceptance and Responsibility, the two antidotes to Denial. The intention of this healing session is to cleanse the recipient of all Denial.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Denial healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Denial healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Denial healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

4) Reiki Healing Session- Heal Shame

This Reiki Distant Healing Session is for the healing of Shame. What is Shame? Shame is the painful feeling that we are a bad person, arising from the consciousness of something that happened, and that we believe is disgraceful, wrong, or evil, that could have been carried out by oneself, or another person. Guilt and Shame usually interchange together, with the fear-based beliefs, that somehow we are bad, or we did something, which made us a bad person. We must find ways to let go of the painful past, and know that right now in this moment, we can draw on our inner power, by being fully present.

The intention of this healing session is to fill the recipient with Unconditional Love, Self-Forgiveness, and Self-Compassion, the antidotes to Shame. The intention of this healing session is to cleanse the recipient of all Shame.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Shame healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Shame healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Shame healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

5) Reiki Healing Session- Heal Rejection

This Reiki Distant Healing Session is for the healing of Rejection. What is Rejection? Fear of rejection is a defense mechanism, to keep one from fully opening the heart to another. Fear of rejection is to be afraid of not being liked, being abandoned, not fitting in, or being alone. People who fear

rejection, may struggle with low self-esteem, lack of confidence, shame, or guilt, and spend a lot of time, and energy worrying about what others think of them.

The intention of this healing session is to fill the recipient with Acceptance, the antidote to Rejection. The intention of this healing session is to cleanse the recipient of all Rejection.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Rejection healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Rejection healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Rejection healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

6) Reiki Healing Session- Heal Guilt

This Reiki Distant Healing Session is for the healing of Guilt. What is Guilt? Guilt is the feeling of responsibility, or remorse, for doing something that is believed to be bad, such as a perceived offense, crime, wrongdoing, whether it is real, or imagined. Guilt is also a karmic debt between persons, or entire groups of people. Guilt and Shame usually interchange together, with the fear-based beliefs that somehow we are bad, or we did something that made us a bad person. We must find ways to let go of the painful past, and know that right now in this moment, we can draw on our inner power, by being fully present.

The intention of this healing session is to fill the recipient with Unconditional Love, Self-Forgiveness, and Self-Compassion, the antidotes to Guilt. The intention of this healing session is to cleanse the recipient of all Guilt.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Guilt healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Guilt healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Guilt healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the

words to receive again.

7) Reiki Healing Session- Heal Separation

This Reiki Distant Healing Session is for the healing of Separation. What is Separation? Separation is the division of something into distinct elements. Separation is a sense of separate self, a separate other person, and a separate Creator. Separation is a fragmented consciousness and energy system, where the body, mind, and spirit are separate elements.

Separation is the feeling, or thinking, that there is only I versus them. Separation is healed through Divine Grace. In overcoming separation, a Divine Wholeness (Holiness) is regained, rediscovered, and remembered.

The healing of separation leads to nirvana and enlightenment. The healing of separation leads to the understanding that we are all in this together. The healing of separation leads to the unveiling of truth, that we are all many faces/expressions of the Same One Infinite Creator.

The intention of this healing session is to fill the recipient with Unity and Oneness, the antidotes to Separation. The intention of this healing session is to cleanse the recipient of all Separation.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Separation healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Separation healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Separation healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is

complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

8) Reiki Healing Session- Heal Gossip

This Reiki Distant Healing Session is for the healing of Gossip. What is Gossip? Gossip is a casual, or unconstrained conversation, or reports about other people, typically involving details that are not confirmed as being true. Gossiping leads to hurting neighbors, dividing friends, and damaging reputations, and relationships.

Why do people gossip? People gossip to feel superior over others. Many people who are insecure about themselves, find temporary relief in judging others. People may gossip to be the center of attention, because they are insecure within. Or they may have a sadistic personality, enjoying the pain of others. This type of person enjoys knowing that someone else is experiencing pain or misfortune, delighted that it's not happening to them. The motivation to gossip is based upon the insecurity of the gossiper.

The intention of this healing session is to fill the recipient with Silence through Restraint, Humility, Self-Assurance, and Praise for Another, the antidotes to Gossip. The intention of this healing session is to cleanse the recipient of all Gossip.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Gossip healing session

prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Gossip healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Gossip healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

9) Reiki Healing Session- Heal Blame

This Reiki Distant Healing Session is for the healing of Blame. What is Blame? Blame can be projected externally, or internally. External Blame is to assign responsibility for a fault or wrong. Blame is the act of censuring, holding responsible, or making negative statements about an individual or group, the opposite of praise. Blaming others automatically, is the result of a lack of a sense of inner responsibility. Blaming provides a way of devaluing others, with the end result that the blamer feels superior, seeing others as less worthwhile, and/or making the blamer "perfect."

Internal Blame is self-blame that comes from feelings of guilt, coming from a self-image of victimization. The psychological profile of victimization includes a pervasive sense of helplessness, passivity, loss of control, pessimism, negative thinking, strong feelings of guilt, shame, remorse, self-blame, and depression. This way of thinking can lead to hopelessness, and despair. Internal Blame is a false sense of inner responsibility, which needs to convert into healthy boundaries. Blame comes from Denial (external blame), or Victimization (internal blame).

The intention of this healing session is to fill the recipient with Self-Responsibility (in the case of external blame), and Healthy Boundaries (in the case of internal blame). Self-Responsibility and Healthy Boundaries are the

antidotes to Blame. The intention of this healing session is to cleanse the recipient of all Blame.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Blame healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Blame healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Blame healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

10) Reiki Healing Session- Heal Jealousy and Envy

This Reiki Distant Healing Session is for the healing of Jealousy and Envy. What is Jealousy? Jealousy is an unhappy or angry feeling of wanting to have what someone else has. Jealousy is also an unhappy or angry feeling caused by the belief that someone you love (such as your husband or wife), likes or is liked by someone else. Jealousy, which starts in the mind, causes controlling,

domineering, suspicion, and mistrust behaviors.

What is Envy? Envy is a desire to have a quality, possession, or other desirable attribute belonging to (someone else). Envy, which starts in the mind, is a feeling of discontent, or covetousness, with regard to another's advantages, success, and possessions, etc. Envy causes bitterness, hatred, ill will, resentment, rivalry, covetousness, grudges, lust, unhealthy desires, and many more unhealthy behaviors.

The intention of this healing session is to fill the recipient with Trust, Understanding, Generosity, Gratitude, and Satisfaction, the antidotes to Jealousy and Envy. The intention of this healing session is to cleanse the recipient of all Jealousy and Envy.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Jealousy and Envy healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Jealousy and Envy healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Jealousy and Envy healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as

each recipient requests it. If you need further healing, simply read or say the words to receive again.

11) Reiki Healing Session- Heal Lack

This Reiki Distant Healing Session is for the healing of Lack. What is Lack? Lack is the state of being, without or not having enough of something. Lack is also known as Poverty Consciousness. Poverty Consciousness is the belief that there isn't enough of anything to go around: not enough money, not enough time, clean air, rest, and love, etc.

What are some symptoms of Lack? Lack symptoms include holding onto borrowed things, get-rich-quick mentality, love of comfort-zone, waiting for the right time, fear of failure, lack of money ideas, and an inability to persist. Lack is to constantly need something, instead of believing there is plenty to go around, and share with others.

The intention of this healing session is to fill the recipient with Abundance Consciousness, Generosity, Prosperity, and Gratitude, the antidotes to Lack. The intention of this healing session is to cleanse the recipient of all Lack.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Lack healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Lack healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Lack healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

12) Reiki Healing Session- Heal Hate

This Reiki Distant Healing Session is for the healing of Hate. What is Hate? Hatred or hate is an intense negative emotional response towards certain people, things or ideas, usually related to opposition, or revulsion toward something. Hate is an intense, or passionate dislike. Hatred is often associated with intense feelings of anger, contempt, and disgust.

Hate implies an emotional aversion, often coupled with animosity or malice. Hate can be found as disgust, loathing, hostility, and resentment. Hate leads to revenge. Hatred involves a painful sense of separation from love.

The intention of this healing session is to fill the recipient with Love, Understanding, Unity, Goodwill, and Kindness, the antidotes to Hate. The intention of this healing session is to cleanse the recipient of all Hate.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Hate healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Hate healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Hate healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the

energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

13) Reiki Healing Session- Heal Anger

This Reiki Distant Healing Session is for the healing of Anger. What is Anger? Anger is a strong feeling of annoyance, displeasure, or hostility. Anger is an intense emotional state, involving a strong uncomfortable, and non-cooperative response, to a perceived provocation, hurt or threat. Some view anger as an emotion, which triggers part of the fight-or-flight response.

Typically, anger arises when someone feels threatened, disturbed, or otherwise interrupted, from a peaceful emotional state. Anger can begin as irritation or frustration, when beliefs, or expectations do not match reality. Anger can also be combined with other emotions, such as jealousy, sadness, or hopelessness.

The intention of this healing session is to fill the recipient with Peace, Calm, Soothing, Empathy, Understanding, Tolerance, and Patience, the antidotes to Anger. The intention of this healing session is to cleanse the recipient of all Anger.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Anger healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Anger healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Anger healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

14) Reiki Healing Session- Heal Rage

This Reiki Distant Healing Session is for the healing of Rage. What is Rage? Rage is a violent, or uncontrollable anger. A person in a state of rage may lose much of their capacity for rational thought and reasoning, and may act, usually violently, on their impulses, to the point that they may attack, until they themselves have been incapacitated, or the source of their rage has been destroyed, or otherwise removed.

An example of rage is "road rage," where a motorist's uncontrolled anger stems from another motorist's irritating act, and is expressed in aggressive or violent behavior. Symptoms of road rage are shouting, excessive use of a horn, or obscene gestures, and threats. Actions include cutting off another vehicle, driving closely, blocking another vehicle so that it cannot use a traffic lane, chasing another vehicle, or running it off the road, or deliberately slamming into a vehicle. Other actions include stopping a vehicle on the side, or in the middle of the road, exiting the vehicle to threaten, attack, fight, or injure another motorist, passenger, pedestrian, bicyclist, or any other person. Rage (connected with Anger and Hate), can also cause mass shootings, mass stabbings, and mass violence.

The intention of this healing session is to fill the recipient with Peace, Calm, Soothing, Harmony, Empathy, Understanding, Tolerance, and Patience, the antidotes to Rage. The intention of this healing session is to cleanse the recipient of all Rage.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Rage healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Rage healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Rage healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

15) Reiki Healing Session- Heal Addiction

This Reiki Distant Healing Session is for the healing of Addiction. What is Addiction? Addiction is characterized by a persistent and intense urge, to use a drug, or engage in a behavior, that produces reward, despite substantial harm, and other negative consequences. Habits and patterns associated with addiction, are typically characterized by immediate gratification (short-term reward), coupled with delayed disastrous effects (long-term costs).

Addiction can significantly impact health, relationships, and overall quality of life. There are 2 main groups of addiction: Substance addictions (substance

use disorders), and Non-substance addictions (behavioral addictions). Signs of addiction include inability to stop, craving, increased tolerance, intense focus on the substance or activity, lack of control, personal problems, health issues, and withdrawal.

Humans are biologically motivated to seek rewards. Often, these rewards come from healthy behaviors. However, addictions can also come from unhealthy behaviors. Development of addictions can come from genetics, mental health conditions, and environmental factors.

The intention of this healing session is to fill the recipient with Purity, Responsibility, Independence, Self-Sufficiency, and Self-Control, the antidotes to Addiction. The intention of this healing session is to cleanse the recipient of all Addiction.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Addiction healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Addiction healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Addiction healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of

times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

16) Reiki Healing Session- Heal Arrogance

This Reiki Distant Healing Session is for the healing of Arrogance. What is Arrogance? Arrogance is an attitude of superiority, manifested in an overbearing manner. Arrogance is a type of unhealthy pride, in which someone feels much superior to another. Arrogance is to set oneself above others, due to an inflated ego. Arrogance behaviors include boasting, and being manipulative.

Arrogant people are in constant competition with others. Arrogant people tend to judge others. Arrogance includes ego, vanity, superiority complexes, and to be conceited, etc. Arrogance is a behavior that hides an inner fear of losing power, due to insecurity, or a lack of self-esteem.

The intention of this healing session is to fill the recipient with Humility, the antidote to Arrogance. The intention of this healing session is to cleanse the recipient of all Arrogance.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Arrogance healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Arrogance healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Arrogance healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is

complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

17) Reiki Healing Session- Heal Ignorance

This Reiki Distant Healing Session is for the healing of Ignorance. What is Ignorance? To be ignorant is to have a lack of knowledge, education, or awareness. Ignorance can have negative effects on individuals and societies.

Ignorance is a state of darkness in the mind, where a person is not open to new ideas or experiences. Ignorance can also be a willful neglect, or refusal, to acquire knowledge, which one may acquire. Ignorance leads to separation among people, cultures, and entire societies, because there is no willingness, or openness, to explore and share among each other.

The intention of this healing session is to fill the recipient with the ability, willingness, and openness to acquire experience, knowledge, and wisdom, the antidotes to Ignorance. The intention of this healing session is to cleanse the recipient of all Ignorance.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Ignorance healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Ignorance healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Ignorance healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

18) Reiki Healing Session- Heal Fear

This Reiki Distant Healing Session is for the healing of Fear. What is Fear? Fear is an unpleasant emotion, caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Fear is a feeling of anxiety, concerning the outcome of something, or the safety, and well-being of someone. Fear leads to alarm, angst, dread, concern, despair, dismay, doubt, dread, panic, unease, and worry.

The intention of this healing session is to fill the recipient with Unconditional Love, Faith, Assurance, Calm, Encouragement, and Trust, the antidotes to Fear. The intention of this healing session is to cleanse the recipient of all Fear.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Fear healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Fear healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Fear healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

19) Reiki Healing Session- Heal Judgment

This Reiki Distant Healing Session is for the healing of Judgment. What is Judgment? Judgment refers to being judgmental. Judgmental describes someone who forms lots of opinions - usually harsh or critical ones - about lots of people. Judgment can lead to being overcritical, or fault-finding. Judgmental types are not open-minded, or easygoing.

Adopting a judgmental attitude is often considered a negative thing. Examples include a person being very accepting of most people, but having a judgmental attitude when meeting people who aren't well-dressed, or jumping to conclusions about someone, based on their job, or social status. Our judgmental attitude can have more to do with our past experiences, than with what is happening in the here and now.

The intention of this healing session is to fill the recipient with Unconditional Love, Open-mindedness, Understanding, Kindness, Being Charitable, and Forgiveness, the antidotes to Judgment. The intention of this healing session is to cleanse the recipient of all Judgment.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Judgment healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Judgment healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Judgment healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

20) Violet Flame Healing Session

The Violet Flame is a special dispensation on the planet as part of the Planetary Ascension. The Violet Flame purifies all negative karma, and releases all negativity. It is an act of Divine Forgiveness.

This energy is also known as the Healing Energy of St. Germain and the Angels of the Violet Fire. There are seven primary energies leading to the Creation of our solar system, the seventh being the energy which allows the Divine Spirit to descend into physical matter. The Violet Flame is a sub-energy of the seventh energy, and is a Fire element based energy.

St. Germain is the Ascended Master who is custodian of this energy, and he and the Angels of the Violet Fire may be called upon to assist in a healing situation. It is a very good energy for students to use on themselves to clear their energy fields. It is also a wonderful tool for clearing all negativity.

Omri Tas, the ruler of the Violet Planet, is the source of the Violet Flame in our Galaxy. For more information on Omri Tas, please research Omri Tas on the internet.

Another Ascended Master that works with the Violet Flame is Kwan (or Quan) Yin, Goddess of Compassion. She is often viewed as the female version of Avalokiteśvara, a bodhisattva who embodies the compassion of all the Buddhas. In Sanskrit, her name is Padma-pâni, which translates to "Born of the Lotus."

Also Archangel Zadkiel works with the Violet Flame. Archangel Zadkiel is a keeper of the Violet Flame of Transformation. This Violet Flame brings freedom from negativity, limitations, feelings of old anger, and victimhood through the releasing of negative karma.

The Violet Flame transforms lower energies into positive life-affirming spiritual energy, which helps us to develop healthy habits and attitudes, and empowers us with the confidence, to live our divine life missions.

Want to heal others and the planet using the Violet Flame? Check out my other books Silver Violet Flame Reiki Attunement and Lavender Flame Reiki Attunement.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you for your highest and greatest good. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Violet Flame Healing Session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Violet Flame Healing Session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Violet Flame Healing Session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

21) Distant Healing Session

What is being healed?

The healing comes from an agreement between the recipient and Spirit. The healer is a medium to bring the recipient in alignment with Spirit. This Distant Healing Session is for healing of the physical body, emotional body, mental body, and spiritual body. The Distant Healing Session depends on the needs of each healing recipient. It is customized for you. For example, the healing could also be chakra healing and balancing, forgiveness to heal the emotional body, heal traumas, remove obstacles, to know there is love and support, purification for the emotional and mental bodies, removal of negative entities/ vibrations, connection to your Soul/Higher Self, connecting to bliss and oneness, connecting to Christ consciousness, visions of the Akashic Records, visions of higher dimensions, meditation enhancement, stress relief, or healing of physical ailments. The types of healing are endless. It all depends on the needs of each healing recipient.

How does this Distant Healing Session work?

The Distant Healing Session is designed for the recipient. This healing session is specifically customized for each recipient, when each recipient asks for the healing. In accordance with the law of free will, it is intended to heal what the recipient wishes to heal on any level, exactly when the recipient requests healing, and only when the recipient requests healing. The healing is for the physical body, emotional body, mental body, and spiritual body. The healing energies delivered depend on the needs of each healing recipient.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the

energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Distant Healing prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Distant Healing prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Distant Healing prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

22) Purification Healing Session

This purification uses a combination of Medicine Buddha's death/dying purification ritual, and purification energies from the Buddhic plane.

Medicine Buddha's death/dying purification ritual can also be used on living persons, as it is a high level purification that can destroy karma, destroy negativity, and restore wholeness of body, emotions, mind, and Soul. This ritual may also prevent the person from being reborn in the lower realms.

The Buddhic plane is the spiritual dimension, which exists beyond the Causal plane, where the Soul is found. It contains high levels of bliss and oneness, a higher level energy that purifies lower densities.

Additionally, Violet Flame and Golden Light is being invoked to purify each recipient. Universal Law is that higher vibration energy cleanses lower vibrations.

Medicine Buddha's Death/Dying Purification Ritual

Say "Teyata Om Behekadze Maha Behekadze Radza Sammungate Soha," vibrating the mantra three times. Imagine Buddha floating over the crown chakra of the dying or dead person.

Imagine Buddha becoming seven Buddhas floating over their crown. From bottom to top, they are: Buddha of Signs, Sound, Gold, Glory, Ocean, Light, and Medicine.

State each Buddha name seven times and imagine them dropping nectar of purity onto the person. After stating each name seven times, the Buddha dissolves into the Buddha above. The cycle continues until all Buddhas have dissolved and the nectar of purification dissolves into the person.

Imagine Buddha extending hooks from his heart into the person's hara chakra (under belly button). The hooks pull the person into Buddha's heart. Chant the mantra another three times: "Teyata Om Behekadze Maha Behekadze Radza Sammungate Soha." This prevents them from being reborn in the lower realms. Give thanks to Buddha.

Then invoke Quan Yin, the Goddess of Compassion to spread compassion on the person. Say, "Namo Quan She Yin Pu'sa" three times. Imagine rays of love emanating from Quan Yin to the person, bathing them in the Love of God. The person is now purified. Give thanks to Quan Yin.

Note: This ritual is adapted from the original Medicine Buddha ritual found in the Medicine Buddha Reiki Manual by Stephen Comee.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you for your highest and greatest good. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive Purification Healing prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive Purification Healing prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive Purification Healing prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the

energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

23) Alpha Omega Healing Session

Alpha Omega Healing was originally channeled by me, through a blessing of Spirit. Spirit over-lighted me one evening, and provided me the tools to assist others. It is with deepest gratitude to Spirit, for the opportunity to create this healing session, and share it with an unlimited number of people around the world.

Alpha Omega Healing is often a life-changing experience, allowing for the healing of the body, mind, and Spirit. These concretely felt energies are initiated at the start of your session, and continue working with you, long after your healing session ended. Through your participation in these sessions, you will be forever changed, operating at, and attuned to, a higher frequency than ever before.

Alpha Omega Healing can benefit everyone, whether facilitated in person one-on-one, or via a distant healing. It can provide wonderful benefits for the dying, and is commonly used with animals.

Alpha Omega Healing arrives from all sides at the same time. Visualize your body inside of a sphere. The energy comes from outside of the sphere from all directions, and enters the sphere from all directions at once. Also, visualize yourself as a set of overlapping triangles. The Star of David is an example of overlapping triangles. Visualize the Star of David overlaid over your body. The Star of David consists of an upward pointing triangle, from above the head, to the heart, and a downward pointing triangle, from your heart, to below your feet.

Now visualize three primary points. Visualize the three points overlaid over your seven chakra system. The Alpha Point is over the head, then the Heart is in the center of the chest, and finally the Omega Point is below the feet. The Heart mentioned here is the Heart chakra, and is not to be confused with the heart, that is a physical organ. The physical heart organ is a physical mirror of the Heart chakra.

The physical heart contains electric and magnetic resonances, which are a reflection of the electric and magnetic resonances of the Heart chakra. As the physical heart pumps blood through the physical body, the spiritual heart accepts, and receives prana/chi/life-force from the spiritual world. The Heart chakra consists of a two-way portal. It is one of the only chakras able to transmit and receive, and it is also one of the three major points (Alpha, Omega, and Heart), that make up the Trinity of wholeness, and balance of Spirit and Earth.

Being that we live in a physical world, Spirit mixes with Earth to achieve its results. Just as a child is born through conception, so Spirit is conceived into matter, to affect change in the matter. Spirit energy arrives from the Alpha Point, and Earth energy arrives from the Omega Point, both mixing in the Heart, to achieve the balance necessary to heal. Alpha Omega energy is multi-dimensional in nature, which is why the energies arrive from all sides at once. It is not linear, and is not restricted to one single entry and exit point. It follows its path through a mix of Spirit and Earth, and flows between the three points along spiritual nerves (Nadis and Meridians), which are the link between our physical bodies, and spiritual bodies such as the Light Body and the Astral Body.

As the energy arrives, it over-lights the spiritual bodies, and then arrives at the physical body, through the Nadis and Meridians, into the nervous system. The energy flows to remove dis-ease, and attains balance throughout the physical body. As balance is achieved, the energy is received within the heart of the recipient, charging the human heart full of life force. At the same time, the energy returns to its multi-dimensional home, through the Heart chakra, back to the spiritual bodies, such as the Astral Body and Spiritual Body, and then beyond the bodies themselves, into the Oneness of the sea of All That Is.

Receiving the healing

Receive Alpha Omega Healing instantly.

You can call in the healing multiple times, on different days, there is no limit to the number of times you can receive healing. Just say the words again. The intent is set for anyone to receive, so you can give others the words to say, and they will be healed. Any recipient in the whole world will be healed perfectly, when they say the words. That is my intention.

The healing session will last up to one hour. You may receive the healing again following the first session. Just say the same words again on a different day. Give the words to your friends and family. They will also receive the healing. During the session, you may have changes in breathing, and various other body reactions to the energy. Understand this is normal. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to

guide the energy, it knows exactly where to go and heal you. Trust it. If you fall asleep during the session, do not worry. It is normal.

Relax. Get in a quiet place where you will not be disturbed.

Say, "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

Now say again: "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

Say a third and final time: "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

You will know when the energy has done its work and the session is complete.

Please allow up to one hour of undisturbed time to receive the energy.

NOTE If you accidentally call in the healing session when you are not ready, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever, and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

24) Essene Healing Session

In approximately 2007, I received my first Essene Healing Session. I was in Germany at the time, while my spiritual mentor Dr. John F. Gilbert was in North Carolina at the time. I was in awe of the power of the Essene Healing, and how it could be received perfectly halfway around the world. The Essene Healing Session John gave me was so strong, I could feel my chakras being heated by powerful Divine energy. The healing session was so powerful, that I had to lie down to receive it.

In 2007, I registered to become an Essene Healer under John's mentorship, but did not actively pursue further training. In 2007, I began to learn about Reiki energy, and did not pursue further Essene Healer training, or ask for further instruction from John.

In 2022, I found out that Dr. John F. Gilbert passed away at the age of 82 in 2020. I'm sure he has moved on to the heavenly realms, as he brought much Light to the world during his time here. In order to further the impact of his good works on Earth during his time here, I have decided to provide the Essene Healing Session to you, the reader of this book.

The healing session in this book, is an Essene Healing Session, that was

prepared by me in 2013, when I first posted a YouTube Video at https://www.youtube.com/watch?v=oHnZskZSYjc

The Essene Healing Hands follow the principle of the merger of Yin (Earth and Water elements), with Yang (Fire and Air elements), along with the triangle shape of the hands, when the healing centers of the hands are put together. The triangle is a symbol of the Trinity, and is an attractor symbol for Spirit. The Essene Healing Hands combine the 4 elements, with the merger of the Feminine and the Masculine (which is the Oneness of Spirit).

As with all of my other healing sessions and attunements, the healing session can be received by any recipient in the whole world, when each recipient says the words to receive the healing session, for an unlimited amount of times. The recipient only needs to call in the healing session again, by saying the words to receive again.

This book, like my other books, adheres to the law of free will, respecting your free will, and that of others. The healing sessions will not be received, if you do not wish to receive them.

For more information about Essene Healing visit

https://www.cityofshamballa.net/forum/topics/essene-healing-hands

Receiving the Healing

Get comfortable in a place where you will not be distracted, then

Say, “I now receive the Essene Healing Hands Session prepared for me by Chris Comish for my highest and greatest good."

Now say again, “I now receive the Essene Healing Hands Session prepared for me by Chris Comish for my highest and greatest good."

Now say a third and final time, “I now receive the Essene Healing Hands Session prepared for me by Chris Comish for my highest and greatest good."

Remember to drink water and rest following the healing session.

You may call in the healing session again to receive when you are ready or if you would like an energy boost. The healing session can be received by you an unlimited amount of times.

NOTE If you accidentally call in the healing session when you are not ready, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

25) Reiki Healing Session- Heal Hypocrisy

This Reiki Distant Healing Session is for the healing of Hypocrisy. What is Hypocrisy? Hypocrisy is saying one thing, and doing another. Hypocrisy is when a person's actions, do not match their words. The dictionary definition is the practice of claiming to have moral standards or beliefs, to which one's own behavior does not conform. Hypocrisy is being two-faced, deceitful, deceptive, false, insincere, having empty talk, and being fake.

The intention of this healing session is to fill the recipient with Honesty, Genuineness, Sincerity, and Openness, the antidotes to Hypocrisy. The intention of this healing session is to cleanse the recipient of all Hypocrisy.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Hypocrisy healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Hypocrisy healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Hypocrisy healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

26) Reiki Healing Session- Heal Selfishness

This Reiki Distant Healing Session is for the healing of Selfishness. What is Selfishness? Selfishness is self-absorption, egotism, insensitivity, self-serving, and being self-centered. The dictionary definition of selfishness is lacking consideration for others; concerned chiefly with one's own personal profit or pleasure. Selfish people may prioritize their own petty needs, above the significant needs of others. For example, a person is exhibiting selfishness, when he or she steals money from their mother, to buy a comic book.

The intention of this healing session is to fill the recipient with Love, Generosity, Humility, Compassion, and Service to Others, the antidotes to Selfishness. The intention of this healing session is to cleanse the recipient of all Selfishness.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Selfishness healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Selfishness healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Selfishness healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

27) Reiki Healing Session- Heal Betrayal

This Reiki Distant Healing Session is for the healing of Betrayal. What is Betrayal? Betrayal is either betraying, or receiving betrayal. Betrayal is to stab, or to be stabbed in the back. Betrayal is to breach trust, or to be breached of trust. Betrayal is to be unfaithful. Betrayal is to break promises and trust. Either causing betrayal, or receiving betrayal, has devastating karmic effects, which can cripple one's life, causing dense blockages in the mental, emotional, and physical bodies. To be healed of the effects of betrayal, is to find one's freedom again.

The intention of this healing session is to fill the recipient with Loyalty, Faithfulness, and Absolute Trust, the antidotes to Betrayal. The intention of this healing session is to cleanse the recipient of all Betrayal.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Betrayal healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Betrayal healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Betrayal healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

28) Reiki Healing Session- Heal Narcissism

This Reiki Distant Healing Session is for the healing of Narcissism. What is Narcissism? Traits of Narcissism are thinking very highly of oneself, needing admiration, believing others are inferior, and lacking empathy for others. Narcissists are self-centered and selfish. Narcissists have a big ego. Narcissists have an unreasonably high sense of self-importance, and require constant, excessive admiration. Narcissists feel that they deserve privileges, and special treatment. Narcissists expect to be recognized as superior, even without achievements. Narcissists make achievements and talents seem bigger than they are.

The intention of this healing session is to fill the recipient with Humility, Empathy, Generosity, and Unconditional Love, the antidotes to Narcissism. The intention of this healing session is to cleanse the recipient of all Narcissism.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Narcissism healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Narcissism healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Narcissism healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

29) Reiki Healing Session- Heal Lust

This Reiki Distant Healing Session is for the healing of Lust. What is Lust? Lust is an unhealthy desire or addiction to sex. It is a form of sex addiction. Our sexuality is associated with the sacral chakra, or second chakra, which also governs creativity, emotion, and manifestation. When we are experiencing sexual urges or addiction, our sacral chakra's energy can be imbalanced, and unhealthy. To balance this energy, we can express our creativity in healthy ways, through art, music, writing, dance, or other kind of self-expression. We can go swimming, spend time near a body of water, or perform a water ritual, as water is the element associated with this chakra.

Ra, in the Law of One, describes the sacral chakra as the area of personal identity, and in my interpretation, lust is identifying with outer urges to create personal identity (through sex addiction, basically a victim to sex, or victimizer of sex mindset), rather than exploring inner urges, to create personal identity (such as creativity, music, dancing, and art, to explore, and manifest emotions). Until the sacral chakra is balanced, the kundalini energy cannot flow smoothly to the higher chakra centers.

The intention of this healing session is to fill the recipient with emotional expression through music, art, and other forms of creativity, the antidotes to Lust. The intention of this healing session is to cleanse the recipient of all Lust.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Lust healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Lust healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Lust healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

30) Reiki Healing Session- Heal Violence

This Reiki Distant Healing Session is for the healing of Violence. Violence is a behavior involving physical force intended to hurt, damage, or kill someone, or something. Violence erupts from anger and rage, which stem from hatred and frustration. This healing session is intended to fill the recipient with tranquility, peace, listening, empathy, understanding, tolerance, kindness, and unconditional love. These beautiful soul qualities are embodied in each recipient, shining the light on, and removing the shadows that cause violence.

The intention of this healing session is to fill the recipient with tranquility, peace, listening, empathy, understanding, tolerance, kindness, and unconditional love, the antidotes to Violence. The intention of this healing session is to cleanse the recipient of all Violence.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Violence healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Violence healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Violence healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

31) Reiki Healing Session- Heal Avoidance

This Reiki Distant Healing Session is for the healing of Avoidance. What is Avoidance? Avoidance is the action of keeping away from, or not doing something. Avoidance is avoiding certain people, places, and situations. The root cause of Avoidance is Fear. To break out of Avoidance, Courage is needed. Avoidance is a blockage in the Solar Plexus Chakra. Some causes of Avoidance are Trauma, Anxiety, Fear, Depression, Lack of Connection with others, and Lack of Personal Power. Avoidance is also related to Repression. Check out the healing session for Repression too.

The intention of this healing session is to fill the recipient with empowerment, courage and responsibility, the antidotes to Avoidance. The intention of this healing session is to cleanse the recipient of all Avoidance.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Avoidance healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Avoidance healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Avoidance healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

32) Reiki Healing Session- Heal Apathy and Indifference

This Reiki Distant Healing Session is for the healing of Apathy and Indifference. What is Apathy? Apathy is the absence of interest in, or enthusiasm, for things generally considered interesting, or moving. Apathy occurs when a person lacks motivation, or goal-directed behavior. Apathy is

an absence of emotion, or enthusiasm. Apathy means “I don’t care.” Apathy is following the crowd, not caring about being authentic. What is Indifference? Indifference is a lack of interest or concern. Indifference is a lack of interest, feeling, or reaction towards somebody/something. Indifference is at the heart of human suffering. It is a lack of concern, or a refusal, to act in the face of injustice.

The intention of this healing session is to fill the recipient with courage, empowerment, enthusiasm, authenticity, and concern for the well-being of others and self, the antidotes to Apathy and Indifference. The intention of this healing session is to cleanse the recipient of all Apathy and Indifference.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Apathy and Indifference healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Apathy and Indifference healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Apathy and Indifference healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

33) Reiki Healing Session- Heal Prejudice

This Reiki Distant Healing Session is for the healing of Prejudice. What is Prejudice? Prejudice is an irrational attitude of hostility, directed against an individual, a group, a race, or their supposed characteristics. Prejudice is an adverse opinion, or assumption, formed without just grounds, or before sufficient knowledge. Prejudice is a bias, which is based on judgment of others. Prejudice is a lack of concern for others. Prejudice comes from judgment and fear. Prejudice can lead to hate.

The intention of this healing session is to fill the recipient with neutrality, fairness, oneness, consideration for treating others as one would want to be treated (Following the Golden Rule), and unconditional love, the antidotes to Prejudice. The intention of this healing session is to cleanse the recipient of all Prejudice.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Prejudice healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Prejudice healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Prejudice healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in

the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

34) Reiki Healing Session- Heal Lying

This Reiki Distant Healing Session is for the healing of Lying. What is Lying? To lie is to make a believed-false statement to another person, with the intention that the other person believe that statement to be true.

In one form, Lying is manipulation to achieve an end. Lying is manipulation behavior to avoid a fear of loss. It is perceived control of situations, to avoid the fear. Example, criminals lie to control the situation, to meet an end (manipulation), which is to avoid the fear of getting caught (loss).

In another form, Lying is a mechanism of avoidance or repression, a lack of responsibility, where it is easier to lie, than face the truth of one's actions. Lying in the second form, a form of in-authenticity, can lead to delusion. Fear of hurting or letting a person down, is another common reason why people lie. Some people find it extremely difficult to bear the feelings, which come with disappointing another person.

Lying is the result of fear on some level- mind or emotions, based on selfishness, or in-authenticity. Lying is an action that comes from a lack of love, either for others (manipulation), or for self (failure to take responsibility leading to delusion). Lying is a defense mechanism, which (seemingly) prevents people from being vulnerable, that is, to not open up, and reveal their true self to another person. Lying leads to a dense aura field, that is blocking the radiant light of purity, and unconditional love. Lying is often blocking the throat chakra of truth and authenticity.

The intention of this healing session is to fill the recipient with purity, truth, honesty, authenticity, responsibility, and unconditional love, the antidotes to Lying. This healing session is also intended to heal the underlying causes of Lying. The intention of this healing session is to cleanse the recipient of all Lying.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the

energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Lying healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Lying healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Lying healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

35) Reiki Healing Session- Heal Cheating

This Reiki Distant Healing Session is for the healing of Cheating. What is Cheating? Cheating or infidelity in the context of relationships is "to have a secret sexual relationship with someone who is not your husband, wife, or usual sexual partner." Cheating is also to act dishonestly, or unfairly in order to gain an advantage, especially in a game or examination.

Cheating or infidelity is caused by a blockage in the sacral chakra, or heart chakra. Cheating on exams, similar to lying, is caused by a lack of responsibility, and is caused by a blockage in the throat chakra. Unconditional love and forgiveness, release blockages in the aura caused by these actions.

The intention of this healing session is to fill the recipient with healthy boundaries, empathy, faithfulness, truthfulness, unconditional love, and forgiveness, the antidotes to Cheating. This healing session is also intended to heal the underlying causes of Cheating. The intention of this healing session is to cleanse the recipient of all Cheating.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Cheating healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Cheating healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Cheating healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

36) Reiki Healing Session- Heal Stealing

This Reiki Distant Healing Session is for the healing of Stealing. What is Stealing? Stealing is defined as the action or offense of taking another person's property, without permission, or legal right, and without intending to return it.

Stealing is caused by a lack of respect for others, a lack of responsibility for actions, and a mentality of disempowerment or lack. Jealousy, or lack of satisfaction, can cause intention to steal. Stealing is caused by blockages in the root chakra, and solar plexus chakra. Unconditional love and forgiveness

release blockages in the aura caused by Stealing.

The intention of this healing session is to fill the recipient with healthy boundaries, respect, responsibility, unconditional love, satisfaction, forgiveness, abundance, and generosity, the antidotes to Stealing. This healing session is also intended to heal the underlying causes of Stealing. The intention of this healing session is to cleanse the recipient of all Stealing.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Stealing healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Stealing healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Stealing healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

37) Reiki Healing Session- Heal Malice

This Reiki Distant Healing Session is for the healing of Malice. What is Malice? Malice is the intention, or desire to do evil, or ill will. Malice is the wish to harm, or upset other people. Malice is to be cruel, unkind, and unfeeling. Malice is linked to hatred, and is caused by a blockage in the heart chakra.

The intention of this healing session is to fill the recipient with friendliness, kindness, helpfulness, goodwill, respect, and unconditional love, the antidotes to Malice. This healing session is also intended to heal the underlying causes of Malice. The intention of this healing session is to cleanse the recipient of all Malice.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Malice healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Malice healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Malice healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

38) Reiki Healing Session- Heal Revenge

This Reiki Distant Healing Session is for the healing of Revenge. What is Revenge? Revenge is to harm someone, as a punishment for harm, which they have done to you. Revenge is caused by blockages in both the solar plexus chakra, and the heart chakra.

The intention of this healing session is to fill the recipient with mercy, forgiveness, and unconditional love, the antidotes to Revenge. This healing session is also intended to heal the underlying causes of Revenge. The intention of this healing session is to cleanse the recipient of all Revenge.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Revenge healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Revenge healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Revenge healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the

words to receive again.

39) Reiki Healing Session- Heal Pride

This Reiki Distant Healing Session is for the healing of Pride. What is Pride? It is important to contrast self-worth, versus arrogance. This is not personal pride, which comes from achieving one's life goals, and fulfilling one's purpose. This is not personal pride, in doing good deeds that benefit others. Personal pride contributes to self-worth.

Pride that needs healing is selfish pride. Selfish pride is placing oneself above others. To behave as one is more important than others, or one's actions are more important than others' actions, is to have selfish pride. It is a false sense of superiority, which is inflating the ego. It is selfishness. "Pride goes before destruction and a haughty spirit before a fall." - Proverbs 16:18. This means people who are over-confident, or too arrogant, are likely to fail. Pride is caused by an imbalance in the solar plexus chakra.

The intention of this healing session is to fill the recipient with humility, selflessness, and unconditional love, the antidotes to Pride. This healing session is also intended to heal the underlying causes of Pride. The intention of this healing session is to cleanse the recipient of all Pride.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Pride healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Pride healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Pride healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is

complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

40) Reiki Healing Session- Heal Doubt

This Reiki Distant Healing Session is for the healing of Doubt. What is Doubt? Doubt is a feeling of uncertainty. Doubt is caused by fear. To overcome doubt, it is important to replace fear with love and acceptance; replace doubt with absolute trust.

In 2006-2008, I had many doubts, when I began to learn about Reiki. In 2009, I overcame these doubts with courage, in order to step into authenticity. In 2009, I started the City of Shamballa website, and began to share healing sessions and attunements. I overcame doubt by repeated actions of trust. Continued creation, and sharing of healing sessions and attunements, were repeated actions of trust in the Divine, to deliver the energies. I eased my mind of doubt by seeing feedback from others online, when they received the energies distantly worldwide. This doubt was overcome further by writing books with embedded energies, and seeing more reviews and feedback, from 2009 onwards. Eventually in 2022, I released all mind doubts and fears, and stepped into absolute trust in the Divine, replacing fear with love.

Once you release doubt and accept faith, you move mountains. My attunements and healing sessions being received worldwide instantly since 2009, is a testament to the Power of Trust/Faith. "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, "Move from here to there," and it will move. Nothing will be impossible for you." - Jesus/ Jeshua in Matthew 17:20

This healing session is designed to replace all fear with love, and all doubt with trust. Doubt in the Divine is caused by a blocked third eye chakra. Doubt in self is caused by a blocked solar plexus chakra. The release of doubt, and replacement with trust/faith, accelerates the spiritual path tremendously.

The intention of this healing session is to fill the recipient with Absolute Trust in the Divine, Absolute Faith in the Divine, Absolute Love and Acceptance to remove all fear, Total Surrender to the Divine, Empowered Authenticity, Self-worth, and Inner Power, the antidotes to Doubt. This healing session is also

intended to heal the underlying causes of Doubt. The intention of this healing session is to cleanse the recipient of all Doubt.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Doubt healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Doubt healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Doubt healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

41) Reiki Healing Session- Heal Depression

This Reiki Distant Healing Session is for the healing of Depression. What is Depression? Depression is a persistent feeling of sadness, and loss of interest, that can interfere with daily life.

Other symptoms of depression include feelings of worthlessness, and

hopelessness, loss of pleasure in activities, changes in eating or sleeping habits, and thoughts of death, or suicide. Depression is caused by blockages in the root, sacral, solar plexus, and heart chakras.

The intention of this healing session is to fill the recipient with enthusiasm, fulfillment, peace, hope, happiness, joy, and unconditional love, the antidotes to Depression. This healing session is also intended to heal the underlying causes of Depression. The intention of this healing session is to cleanse the recipient of all Depression.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Depression healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Depression healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Depression healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

42) Reiki Healing Session- Heal Powerlessness

This Reiki Distant Healing Session is for the healing of Powerlessness. What is Powerlessness? Powerlessness is the condition, or feeling, of having no power. Powerlessness is caused by a blockage in the solar plexus chakra.

The intention of this healing session is to fill the recipient with empowerment, self-confidence, initiative, determination, and worthiness, the antidotes to Powerlessness. This healing session is also intended to heal the underlying causes of Powerlessness. The intention of this healing session is to cleanse the recipient of all Powerlessness.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Powerlessness healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Powerlessness healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Powerlessness healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

43) Reiki Healing Session- Heal Victim-Victimizer

This Reiki Distant Healing Session is for the healing of Victim-Victimizer patterns in life. What is Victim-Victimizer? Being a victim, is a failure to take responsibility for actions, to project blame outside of oneself (i.e. being bullied), and to unconsciously remain in the victim state. Being a victim, is a repressed state, a state of inertia, where conditions influence behavior, through unconscious acceptance of negative conditions. Being a victim, is the rejection of worthiness. Being a victim, is to give away your free will to others.

Being a victimizer, is a failure to take responsibility for actions, to project control over others (i.e. being a bully), to inflate the ego, and to unconsciously remain in a victimizer state. Being a victimizer, is a reactive state, a state of excessive reaction, where behavior influences conditions, through unconscious projection of negative conditions upon others. Being a victimizer, is the inflation of the ego. Being a victimizer, is to force your free will upon others.

Unconditional love is the solution to both extremes. Unconditional love brings awareness of oneself, and the awareness of others outside of oneself. Without awareness, there can be no responsibility, and without responsibility, there is no action to leave either state of consciousness. The key is to empower the victim, to take responsibility for one's conditions/behaviors (he/she is worthy of better circumstances through the opening of the heart), and to restrain the victimizer, to release control of one's conditions/behaviors upon others (he/she surrenders the ego through the opening of the heart).

Victim-Victimizer patterns are caused by blockages in the solar plexus, and heart chakras. Victim-Victimizer is a collective shadow of humanity, which drives much of the problems in relationships around the world. The key is to increase compassion for each other (and the self), to break free of these patterns.

The intention of this healing session is to fill the recipient with responsibility, awareness, and unconditional love, the antidotes to Victim-Victimizer patterns. This healing session is also intended to heal the underlying causes of the Victim-Victimizer patterns. The intention of this healing session is to cleanse the recipient of all Victim-Victimizer patterns in life.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Victim-Victimizer healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Victim-Victimizer healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Victim-Victimizer healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

44) Reiki Healing Session- Heal Crossing Boundaries

This Reiki Distant Healing Session is for the healing of Crossing Boundaries patterns in life. What is Crossing Boundaries? Crossing Boundaries is a violation of the Law of Free Will. Each person has a right to be oneself, to express their free will. Increased Empathy (walk a mile in another's shoes), and Compassion (love another as yourself), heal Crossing Boundaries.

Crossing Boundaries has two forms. There is a repressed form, and a reactive form. The repressed form, is to let people walk over you, to be a doormat, and not being respectful to yourself. The reactive form, is to control other people, to walk over other people, and not being respectful of others. The repressed form, has roots in worthiness, while the reactive form, has roots in ego.

Unconditional love is the solution to both extremes. Unconditional love brings awareness of oneself, and the awareness of others outside of oneself. Without awareness, there can be no responsibility, and without responsibility, there is

no action to leave either state of consciousness. Once responsibility is accepted, then empathy and compassion begin, as actions towards self and others, to be love in alignment with free will.

To heal the repressed form, the key is to empower the person. For a person to catch oneself in a situation, and have resolve, out of respect for self. To have healthy boundaries. To heal the reactive form, the key is to restrain the person, to not do a particular action, out of respect for another. For a person to catch oneself in a situation, and have restraint. To have healthy boundaries.

Crossing Boundaries patterns are caused by blockages in the solar plexus, and heart chakras. Crossing Boundaries is a collective shadow of humanity, which drives much of the problems in relationships around the world. The key is to increase compassion for each other (and the self), to break free of these patterns.

The intention of this healing session is to fill the recipient with responsibility, awareness, understanding, compassion, and unconditional love, the antidotes to Crossing Boundaries patterns. This healing session is also intended to heal the underlying causes of the Crossing Boundaries patterns. The intention of this healing session is to cleanse the recipient of all Crossing Boundaries patterns in life.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Crossing Boundaries healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Crossing Boundaries healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Crossing Boundaries healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is

complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

45) Reiki Healing Session- Heal Intolerance

This Reiki Distant Healing Session is for the healing of Intolerance. What is Intolerance? Intolerance is defined as the unwillingness to accept views, beliefs, or behavior, which differ from one's own. Intolerance is not having understanding, empathy, compassion, unconditional love, and forgiveness, for another being. Intolerance comes from Indifference and Ignorance. Intolerance leads to hate, which leads to collective struggles in humanity. Intolerance is caused by a blockage in the heart chakra.

The intention of this healing session is to fill the recipient with understanding, empathy, compassion, unconditional love, and forgiveness, the antidotes to Intolerance. This healing session is also intended to heal the underlying causes of Intolerance. The intention of this healing session is to cleanse the recipient of all Intolerance.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Intolerance healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Intolerance healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Intolerance healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

46) Reiki Healing Session- Heal Impatience

This Reiki Distant Healing Session is for the healing of Impatience. What is Impatience? Impatience is defined as a lack of patience; irritation with anything that causes delay. Impatience is caused by having beliefs and expectations, about how reality will be. However, beliefs and expectations do not always conform to reality, because reality is based upon the present moment, and the free will of multiple beings in a situation. Free will creates situations and circumstances. One person's free will does not conform to another person's free will, and this creates a disconnection, between a person's beliefs, and expectations, based upon their free will, and reality.

The key to healing impatience, is to place oneself in another's shoes, and surrender to "what is." Having no beliefs or expectations, prevents impatience, which then prevents frustration, which then prevents anger. Resistance to the present moment, is impatience. Resistance causes frustration and anger.

How to solve impatience? By dropping all beliefs and expectations. By surrendering to "what is" in the present moment. This surrender and mindfulness improves patience and understanding, leading to improved listening/awareness of self and others, and improved understanding, empathy, compassion, and unconditional love in all experiences. Impatience is caused by a blockage in the third eye or ajna chakra.

The intention of this healing session is to fill the recipient with patience, listening, surrender, mindfulness, understanding, empathy, compassion, and unconditional love, the antidotes to Impatience. This healing session is also intended to heal the underlying causes of Impatience. The intention of this healing session is to cleanse the recipient of all Impatience.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Impatience healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Impatience healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Impatience healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

47) Reiki Healing Session- Heal Control

This Reiki Distant Healing Session is for the healing of Control of others. What is Control? Control is the control of others, through force, manipulation, and other ego-based tactics. It is not the control of self. Control of self, also called restraint, or self-control, is actually healthy in many cases. But control of others is not healthy. Control of others is not respecting free will.

Controlling behavior occurs when a person attempts to conform another person to their own needs, or desires, through some form of manipulation.

This desire for control is unhealthy, unhelpful, and will create relationship conflicts.

Some potential causes of controlling behavior are: low self-esteem or anxiety, being micromanaged, or controlled by someone else, traumatic past experiences, a need to feel in-control, or a need to feel 'above' someone else. The ego desires control for primarily selfish reasons. It is about self-protection and self-promotion.

However, once inner fears are acknowledged, and transmuted with love, then the ego control mechanism surrenders, and free will is respected out of love. Control of others is caused by blockages in the sacral, and solar plexus chakras.

The intention of this healing session is to fill the recipient with respect for others, understanding, empathy, compassion, and unconditional love, the antidotes to Control. This healing session is also intended to heal the underlying causes of Control. The intention of this healing session is to cleanse the recipient of all Control.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Control healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Control healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Control healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

48) Reiki Healing Session- Heal Obsession

This Reiki Distant Healing Session is for the healing of Obsession. What is Obsession? Obsession is the state of being obsessed with someone or something. Obsessive behavior is an irresistible urge to behave in a certain way. Obsessive behavior is similar to an addiction. Obsession is the domination of one's thoughts, or feelings, by a persistent idea, image, and desire, etc. Obsession is a lack of healthy boundaries, regarding others or self. Obsession is a lack of personal identity. Obsession is caused by a blockage in the sacral chakra.

The intention of this healing session is to fill the recipient with broad-mindedness, calm, restraint, respect for others, respect for self, and unconditional love, the antidotes to Obsession. This healing session is also intended to heal the underlying causes of Obsession. The intention of this healing session is to cleanse the recipient of all Obsession.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don’t try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Obsession healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Obsession healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Obsession healing session prepared for me by

Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

49) Reiki Healing Session- Heal Co-Dependence

This Reiki Distant Healing Session is for the healing of Co-Dependence. What is Co-Dependence? Co-dependence is a behavioral, and psychological condition, where one person enables another person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement. A core characteristic of co-dependency, is an excessive reliance on other people for approval, and sense of identity, and there is usually a high degree of manipulation involved.

Co-dependence arises out of imbalances in the lower three chakras, which have to do with survival, emotional connection, and power.

The root chakra is connected with security. It is the chakra of stability, security, and meeting our basic needs, which begins in the family. It is about our emotional needs of interconnection, and the need to feel safe to remain healthy.

The sacral chakra is concerned how we relate to others. When it is healthy, we have the impulse to discover satisfying relationships, and sexual interests of our own. It is also about our need to control, or create the dynamics of our physical world, including the people, and resources available to us.

The solar plexus chakra is concerned with issues of personal power, self-esteem, willfulness, and energy. A healthy balance in the solar plexus would be shown as having motivation, purpose, and confidence.

Co-Dependence is caused by unhealthy root, sacral, and solar plexus chakras.

The intention of this healing session is to fill the recipient with empowerment, authenticity, compassion, restraint, respect for self, respect for others, and unconditional love, the antidotes to Co-Dependence. This healing session is

also intended to heal the underlying causes of Co-Dependence. The intention of this healing session is to cleanse the recipient of all Co-Dependence.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Co-Dependence healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Co-Dependence healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Co-Dependence healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

50) Reiki Healing Session- Heal Root Chakra

This Reiki Distant Healing Session is for the healing of the Root Chakra.

What is the Root Chakra?

Affirmation "I AM." Energy, Stability, Comfort, and Safety. 396 Hz solfeggio frequency. Survival. Also the Kundalini energy is stored here. Associated With: Earth Connection, Physical Health, Safety and Security, Groundedness, the Body, Longevity, Kundalini, and Healing.

Root Chakra Affirmations

I am connected and grounded through the Earth.

I am worthy of respect.

I trust in the process of life.

All is well in my world.

I am grateful.

I am supported by Mother Earth.

I have everything I need.

I am at home in my body.

Root Chakra, 396 Hz Frequency

This is a low and smooth solfeggio frequency believed to help get rid of trauma, fear, and guilt. This frequency primarily links to the Root Chakra.

The intention of this healing session is to open, cleanse and balance the Root Chakra, healing all fear blockages of the Root Chakra. This healing session is also intended to heal the underlying causes of Root Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Root Chakra healing session

prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Root Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Root Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

51) Reiki Healing Session- Heal Sacral Chakra

This Reiki Distant Healing Session is for the healing of the Sacral Chakra.

What is the Sacral Chakra?

Affirmation "I FEEL." Sensuality, Sexuality, Pleasure, Sociability, and Creativity. 417 Hz solfeggio frequency. Personal identity. Kundalini rising begins in the Hara/Belly button chakra. Associated With: Relationships, Life Force, Emotions, Intimacy, Vitality, Skin, Impulse, Desire, Motivation, and Letting Go.

Sacral Chakra Affirmations

Creative energy flows through me freely.

I invite joy into my life.

I am a creative being.

All is well in my world.

I enjoy pleasure in all areas of my life.

I embrace my vibrant sexuality.

My sexuality is sacred.

Unconditional joy is my birthright.

Sacral Chakra, 417 Hz Frequency

This activates creativity and positive change. The 417 Hz frequency is thought to alleviate tension and stress, allowing you to free up tight joints and muscles and, in turn, increase physical mobility. This frequency is most associated with the Sacral Chakra.

The intention of this healing session is to open, cleanse and balance the Sacral Chakra, healing all fear blockages of the Sacral Chakra. This healing session is also intended to heal the underlying causes of Sacral Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Sacral Chakra healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Sacral Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Sacral Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

52) Reiki Healing Session- Heal Solar Plexus Chakra

This Reiki Distant Healing Session is for the healing of the Solar Plexus Chakra.

What is the Solar Plexus Chakra?

Affirmation "I DO." Strength, Personality, Power, and Determination. 528 Hz solfeggio frequency. Ego resides here. Social relations. Associated With: Self-Esteem, Ego, Confidence, Manifesting, Willpower, Self-Belief, Grit, Success, Conscious Mind, and Adaptability.

Solar Plexus Chakra Affirmations

I feel calm, confident, and powerful.

I am ambitious and capable.

I stand in my personal power.

I am motivated, persistent, and successful.

I am kind to myself and my development.

I am important.

I can have everything I want in life.

I value myself.

Solar Plexus Chakra, 528 Hz Frequency

This frequency is responsible for miracles and dramatic changes in people. Tones in this frequency help pain and anxiety relief, weight loss, and rewiring of your brain’s neural pathways. The 528 Hz frequency is associated with the

Solar Plexus Chakra.

The intention of this healing session is to open, cleanse and balance the Solar Plexus Chakra, healing all fear blockages of the Solar Plexus Chakra. This healing session is also intended to heal the underlying causes of Solar Plexus Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Solar Plexus Chakra healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Solar Plexus Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Solar Plexus Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

53) Reiki Healing Session- Heal Heart Chakra

This Reiki Distant Healing Session is for the healing of the Heart Chakra.

What is the Heart Chakra?

Affirmation "I LOVE." Acceptance, Love, Compassion, and Sincerity. 639 Hz solfeggio frequency. Opening of Ascension path. Higher Self manifestation begins. Love/Compassion of Higher Self. Universal love. Associated With: Compassion, Faith and Hope, Forgiveness, Joy, Surrender, Humility, Empathy, Unconditional Love, and Balance.

Heart Chakra Affirmations

I find love everywhere I go.

I deserve love and being loved.

I love myself to the fullest.

Love is all around me, it is everywhere I go.

I am willing to be happy now.

My life is filled with health and happiness.

I feel good about the future.

I choose the contents of my life.

Heart Chakra, 639 Hz Frequency

This frequency activates healing and love. It is in-depth, profound, and associated with vulnerability and intimacy. The 639 Hz frequency creates the foundation for interpersonal connections and healthy relationships – little wonder it connects to the Heart Chakra.

The intention of this healing session is to open, cleanse and balance the Heart Chakra, healing all fear blockages of the Heart Chakra. This healing session is also intended to heal the underlying causes of Heart Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn

off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Heart Chakra healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Heart Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Heart Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

54) Reiki Healing Session- Heal Throat Chakra

This Reiki Distant Healing Session is for the healing of the Throat Chakra.

What is the Throat Chakra?

Affirmation "I TALK." Communication, Expression, Creative Expression, and Inspiration. 741 Hz solfeggio frequency. Expression of Higher Self. Free communication. Associated With: Communication, Expression, Honesty, Worthiness, Gratitude, Creativity, and Channeling Energy.

Throat Chakra Affirmations

I always speak in terms of success and prosperity.

I am a great communicator.

I am a patient and attentive listener.

Being honest frees me.

I have the strength to tame my tongue.

I am a born speaker.

My words matter.

My voice matters.

Throat Chakra, 741 Hz Frequency

The 741 Hz frequency promotes speaking the truth and empowerment. Sounds in this frequency encourage idea generation, creative thinking, clear speaking, and self-confidence. This frequency influences the Throat Chakra.

The intention of this healing session is to open, cleanse and balance the Throat Chakra, healing all fear blockages of the Throat Chakra. This healing session is also intended to heal the underlying causes of Throat Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Throat Chakra healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Throat Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to

receive the Reiki Healing | Heal Throat Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

55) Reiki Healing Session- Heal Third Eye Chakra

This Reiki Distant Healing Session is for the healing of the Third Eye Chakra.

What is the Third Eye Chakra?

Affirmation "I SEE." Intuition, Lucidity, Meditation, and Trust. 852 Hz solfeggio frequency. Vision of Higher Self. Universal energies. Associated With: Subconscious Mind, Deep Thought, Imagination, Mind's Eye, Intuition, Clarity, Wisdom, and Vision.

Third Eye Chakra Affirmations

I am a divine being.

I am an extension of the Universe.

I can manifest my vision.

My intuition is highly accurate and clear.

I trust that my highest good is unfolding.

I am a present observer in my life.

I am connected to my higher power.

I trust my intuition, always.

Third Eye Chakra, 852 Hz Frequency

This frequency triggers a higher realm of spiritual thinking. It walks you out of illusions, introducing you to reality and the true elements of your environment. 852 Hz links you to astral projections and deep dreams, bringing you closer to your true self. This frequency resonates with the Third Eye Chakra.

The intention of this healing session is to open, cleanse and balance the Third Eye Chakra, healing all fear blockages of the Third Eye Chakra. This healing session is also intended to heal the underlying causes of Third Eye Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Third Eye Chakra healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Third Eye Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Third Eye Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of

times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

56) Reiki Healing Session- Heal Crown Chakra

This Reiki Distant Healing Session is for the healing of the Crown Chakra.

What is the Crown Chakra?

Affirmation "I UNDERSTAND." Knowledge (truth), consciousness, fulfillment, and spirituality. 963 Hz solfeggio frequency. Bridge of light unity connection to Higher Self. Flow/Channeling state. Sacredness of each experience. Associated With: Transcendence, Spirituality, Higher Self, Ascension, Quantum Mind, Source, Oneness, Unity, Christ Consciousness, Inner Peace, Dreams, and Cosmic energies.

Crown Chakra Affirmations

I am fully aware and awake.

I am always divinely and lovingly guided.

I honor the Divine within me.

I am a spiritual being in a human body.

I am pure, beautiful, radiant light.

I am deeply and unconditionally loved by the Universe.

I surrender to the loving will of the Universe.

I release doubt and welcome faith.

Crown Chakra, 963 Hz Frequency

The 963 Hz Solfeggio Frequency is the highest of all the tones. It is said to connect you to the Universe and its perfection. This frequency inspires the Crown Chakra.

The intention of this healing session is to open, cleanse and balance the Crown Chakra, healing all fear blockages of the Crown Chakra. This healing

session is also intended to heal the underlying causes of Crown Chakra blockages.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

When you are ready to receive the healing, read the words or say the words, "I am now ready to receive the Reiki Healing | Heal Crown Chakra healing session prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Reiki Healing | Heal Crown Chakra healing session prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Reiki Healing | Heal Crown Chakra healing session prepared for me by Chris Comish."

It is helpful for you to accept the energies as they arrive and not to resist the energies. You will know when the energy has done its work and the session is complete.

Please remember to drink water and rest following the healing session.

NOTE If you accidentally call in the healing session at the wrong time, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

This healing session may be received forever and for an unlimited amount of times. It has been programmed at Spirit levels to be received as many times as each recipient requests it. If you need further healing, simply read or say the words to receive again.

57) Axiatonal Lines Connection

The Axiatonal Lines Connection is an attunement to connect you to your Axiatonal Lines, enabling more of your Higher Self to flow through you, and merging the personality and Higher Self into One. This releases the veils which have prevented you from manifesting your Higher Self on Earth.

It is recommended this be received at least twice, on separate days, to strengthen the connection. You may call in the energy again when you are ready to receive again. Please remember to drink water and rest following each attunement. There may be a temporary purging process, such as buzzing in the head, disorientation, slight dizziness, and then sudden feelings of joy following each attunement.

This is the release of veils, and the merging with your Higher Self. Understand this purging process is only temporary, and your Great Spirit will manifest more and more, bringing you great moments, and self-realization, full of joy and love.

Special thanks and inspiration: Lynn Wincott of The Universal Connection for first connecting my Axiatonal Lines, Stephen Lovering/Ole Gabrielsen/Steve Murray for showing me that attunements can be received perfectly, and powerfully, instantly, and world-wide, Tami MacDowell of Healings of the Heart for showing me a method for delivering attunements world-wide, Dr. J.J. Hurtak who shared The Book of Knowledge: The Keys of Enoch with the world and taught me about Axiatonal Lines, and finally all the Divine beings who support this process, who I have faith in that this is received, perfectly for the expansion of Universal Consciousness, Connection between Spirit and Earth, and the sharing of Unconditional Love, with all beings on Earth.

All thanks are attributed to the Divine for this connection. Special thanks to Archangel Metatron and the Order of Melchizedek for inspiring this attunement.

God bless you. I bow to the Divine in you.

Receiving the Axiatonal Lines Connection

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive, and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

To receive the attunement say, "I am now ready to receive the Axiatonal Connection Attunement prepared for me by Chris Comish."

Now read the words or say the words again: "I am now ready to receive the Axiatonal Connection Attunement prepared for me by Chris Comish."

Read the words or say the words a third and final time: "I am now ready to receive the Axiatonal Connection Attunement prepared for me by Chris

Comish."

I've set the intention that all who ask to receive attunements from me, receive them perfectly and instantly the moment they call them in, regardless if the attunement is received in the past, present, or future, and regardless of who the recipient is, regardless of their location, or their time zone.

I also set the intention that the Axiatonal Connection Attunement is received as many times as each recipient wishes to receive it. This means you can receive the attunement multiple days in a row, to strengthen the connection- just say the statement above again.

Please remember to drink water and rest following the attunement.

You may call in each attunement again to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about the Axiatonal Lines Connection visit

https://www.cityofshamballa.net/event/axiatonal-lines-connection

58) Higher Self Joy Bliss Connection

Background: In 2009, I experienced a great feeling of oneness and love. A feeling of joy and bliss beyond anything I have ever felt on this Earth. It was from my inner Higher Self. This blanket of love wrapped me and I did not want to leave it. This is a "taste" of the feeling that accompanies the physical Ascension process, movement to the heavenly realms, whatever you call it. The feeling that you are deeply and divinely loved. I wanted to share this feeling. So I asked my Higher Self to deliver it to you, through intention and visualization.

How the connection was created: I now intend that my Higher Self shares this loving feeling of bliss and joy (that I felt during the axiatonal lines connection), with every Higher Self in existence, for each Higher Self and person's highest and greatest good. I intend that when each person says or reads these words ( )... the energy and feeling will be received by each person, from my Higher Self and their Higher Self ....I intend that this phrase may be repeated, each time each recipient needs to feel, and know, that there is great love for themselves.

Remember to drink water and rest following this connection. Take time to integrate the energies. Your Higher Self will manifest perfectly within you, in

the process that is best for your highest and greatest good. You are blessed.

Receiving the Higher Self Joy/Bliss Connection

Relax. Get in a quiet place where you will not be disturbed.

Please allow up to one hour of undisturbed time to receive the energy. Turn off electronic devices and relax.

It is helpful for you to accept the energies as they arrive and not to resist the energies. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it.

To receive the connection say, "I now request that my Higher Self manifest within me the most perfect unconditional divine love and that I perfectly feel this feeling to know that I am loved during the next 30 minutes for my highest and greatest good."

Now read the words or say the words again: "I now request that my Higher Self manifest within me the most perfect unconditional divine love and that I perfectly feel this feeling to know that I am loved during the next 30 minutes for my highest and greatest good."

Read the words or say the words a third and final time: "I now request that my Higher Self manifest within me the most perfect unconditional divine love and that I perfectly feel this feeling to know that I am loved during the next 30 minutes for my highest and greatest good."

Please remember to drink water and rest following the connection.

You may call in the connection again to receive when you are ready or if you would like an energy boost. The energy connections can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong connection, simply say "No, stop, not yet" and the connection delivery will stop. Then call in the correct connection when you are ready.

For more information about the Higher Self Joy/Bliss Connection visit

https://www.cityofshamballa.net/event/higher-self-joy-bliss-connection

59) Reiki Healing | Starseeds Group Healing

Distant Reiki Healing Session (video)

Starseeds Group Healing Session

In this video multiple Reiki Masters from the Starseeded 2.0 heal you simultaneously.

You may watch the video, or listen to the video in the background. Intend to receive the healing energies, for your highest and greatest good. Accept the energies. Trust the energies are healing you, for your highest and greatest good.

It is the intention of each contributing healer, that each recipient of this healing session, is perfectly, and wonderfully healed, for their highest and greatest good, in alignment with each recipient's free will.

It is the intention of each contributing healer, that each time the healing session is received, that the healing session builds upon the previous healing session received, perfectly boosting, and strengthening the previous healing session, and healing each recipient perfectly, for each recipient's highest and greatest good.

Special thanks to the Reiki Masters from the Starseeded 2.0 listed below who have contributed to this healing session.

The world is grateful for you.

eyeami from Starseeded 2.0

PleiadianLight from Starseeded 2.0

Link to Group Healing Session video on YouTube:

https://www.youtube.com/watch?v=z5zjMKy94JU

You can also copy and paste the above link into your browser to find the Group Healing session.

60) Reiki Healing | City of Shamballa Group Healing

Distant Reiki Healing Session (video)

City of Shamballa Group Healing Session

In this video multiple Reiki Masters from the City of Shamballa heal you simultaneously.

You may watch the video, or listen to the video in the background. Intend to receive the healing energies, for your highest and greatest good. Accept the energies. Trust the energies are healing you, for your highest and greatest

good.

It is the intention of each contributing healer, that each recipient of this healing session is perfectly, and wonderfully healed, for their highest and greatest good, in alignment with each recipient's free will.

It is the intention of each contributing healer, that each time the healing session is received, that the healing session builds upon the previous healing session received, perfectly boosting, and strengthening the previous healing session, and healing each recipient perfectly, for each recipient's highest and greatest good.

Special thanks to the Reiki Masters from the City of Shamballa listed below who have contributed to this healing session.

The world is grateful for you.

Steven L. Hutchinson from Memphis, TN, USA

Suzi from Mersin, Turkey

Jean Hendricks from Denville, NJ, USA

Roberta de Oliveira from São Paulo, Brazil

Dee from Tukahoe, NY, USA

Rohit Sharma from Punjab, India

Naresh Mintri from Kolkata, India

Manuel Sánchez from Andalucia - Cádiz, Spain

Arashnemati from Tonkabon, Iran

Adella C from Riverside, CA, USA

Ellen Branitescu from Ontario, Canada

Goddess Dea from Independence, OH, USA

Dr. Sohini Shukla from Junagadh, Gujarat, India

Heiki Pikker from Tallinn, Estonia

Andreas from Berlin, Germany

Derya ayan Aydın from İstanbul, Turkey

Queen Zion Ites from Kingston, Jamaica

Rachel Reikim from Lyon, France

Del Ilah from Regina, Saskatchewan, Canada

Erika Budo-Guetaifi from Mainz, Germany

Riku Haataja from Espoo, Finland

Alireza Asadi from Delhi, India

Richard Jones from Kempton, Tasmania, Australia

Nicole Lacide from Strasbourg, France

Website: https://www.maindoki.fr

Trishna Ninan from Delta, British Columbia, Canada

Website: https://www.instagram.com/triviteachings/

John B. from New Hampshire, USA

Chris Comish from Colorado, USA

Link to Group Healing Session video on YouTube:

https://www.youtube.com/watch?v=Bi3cuI7G2iU

You can also copy and paste the above link into your browser to find the Group Healing session.

or visit

https://www.cityofshamballa.net/event/city-of-shamballa-group-healing

For more healing sessions, attunements, and empowerments visit the events at The City of Shamballa network at

https://www.cityofshamballa.net

Chapter 3- Invocation and Meditation for the Archangels

The Heart (Love) is the key to leaving the matrix of separation and entering the Unity of God.

- My Higher Self

I now invoke the mighty Archangel Michael to stand at my right hand side. I ask him to pour courage and strength into me and bring about positive results to my endeavors. I now request that he cut all my negative cords and attachments with his sword. I ask that the deep blue cloak of protection is placed over me so that only that which is of the highest and purest light may enter my aura.

Pause for a moment so that Archangel Michael can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Gabriel to stand at my left hand side in his pure white ray. I ask that he pours his pure white energy into my aura and brings me guidance about my next step or my pathway. I ask that the symbols of my life's mission be illuminated and activated now. Please bring joy, grace, clarity, understanding, generosity and order into my life.

Pause for a moment so that Archangel Gabriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Uriel to stand in front of me and fill my aura with his purple and gold ray of wisdom and peace. Help me to soothe all conflict in my life and replace it with serenity, brotherhood and sisterhood. Please break my mental and emotional chains and free me from all my fears.

Pause for a moment so that Archangel Uriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Raphael of the emerald ray to stand behind me. I ask that he pour healing and abundance into me. I ask for protection on my journeys and that I be impressed with justice, truth and vision.

Pause for a moment so that Archangel Raphael can complete this work and can communicate anything he wishes to.

I now invoke the mighty Archangel Chamuel of the pink ray to expand the flame of love in my heart. Please help me to find compassion and forgiveness for myself and for everyone I have ever harmed knowingly or unknowingly. I ask that my heart be opened at a personal and cosmic level.

Pause for a moment so that Archangel Chamuel can complete this work and

can communicate anything he wishes to.

I now invoke the mighty Archangel Jophiel to pour the golden light of wisdom and illumination onto me through my crown center. I ask that his wisdom light up and inspire my mind, helping me to learn and teach at the highest level. I ask that the symbols of wisdom I have accumulated throughout my lifetimes be lit up and activated now.

Pause for a moment so that Archangel Jophiel can complete this work and can communicate with you if he wishes to.

I now invoke the mighty Archangel Zadkiel of the violet ray of mercy, joy and transmutation to pour the violet flame into my aura. I ask for all my negativity to be released and dissolved and replaced with joy, diplomacy and tolerance.

Pause for a moment so that Archangel Zadkiel can complete this work and can communicate with you if he wishes to.

Your aura is now filled with the energy of the Archangels and you are connected to your mighty I AM presence. You are blessed.

A channeled meditation by Diana Cooper.

https://www.dianacooper.com

Chapter 4- Prayers and Meditations

Love is the glue of the universe. Through acts of Love we attract our Spirit. May we realize that We are all One.

- My Higher Self

This chapter is a collection of prayers and meditations I have used in the past. They are powerful tools to help you connect to the Divinity within.

The Soul Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)

I AM the Soul

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

The Monadic Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)

I AM the Monad

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

Now as you say each mantra, place your hands on your temples, and create a triangle with your eighth chakra (soul star- above your head), and your two temples. Visualize the triangle in radiant white light. Visualize a radiant star above your head. Watch the star descend into your crown chakra, and slowly move it down, through all chakras, into the center of the Earth. Then, let the white star ascend, from the center of the Earth, back up, through your chakras, back to the soul star, above your head. There may be changes in breathing, and eye flickering, as the portal to the upper planes manifests.

The Great Invocation, from the works of Alice Bailey and Djwhal Khul

From the point of Light within the mind of God,
Let Light stream forth into the minds of men.
Let Light descend on Earth.
From the point of Love within the heart of God,
Let Love stream forth into the hearts of men.
May Christ return to Earth.
From the center where the will of God is known,
Let the purpose guide the little wills of men.
The purpose which the masters know and serve.
From the center which we call the race of men,
Let the plan of Love and Light work out,
And may it seal the door where evil dwells,
Let Light and Love and Power restore the plan on Earth.
God's Will be done.
Amen.

A personal prayer to God

Thank you God for all blessings love and forgiveness.
I owe my Soul to you.
You saved my life from harm,
And continued to bless me with your Life,
Your Love,
Your Forgiveness.
Be forever by me God,
And I stand forever by you God,
To do Your Divine Will,
For now and Eternity,
In the name of Love,
In the name of God.
Amen.

The Ultimate Ascension Meditation, from the works of Dr. Joshua David Stone

Melchizedek, Lenduce, Vywamus, Sanat Kumara, Djwhal Khul, Kuthumi, Lord Maitreya, Arcturians, Metatron, Mahatma:

I (name), hereby call forth a triple Ascension seat activation of the Golden Chamber of Melchizedek, Lenduce's Ashram, and Shamballa in conjunction with the Arcturians and Lord Metatron.

I call forth a full anchoring and activation of the three hundred fifty-two levels of the Mahatma,

all fire letters and key codes,

the Microtron, axiatonal alignment,

brain illumination, Light quotient building, seventh degree activation, teleportation activity, mayavarupa energization, thirty-sixth chakra actualization in the crown chakra, full antahkarana merger with the Ascension column, chakra balancing and strengthening, physicalization of the twelve strands of DNA, seventh degree completion merger, the twelve Christed universes, the opening of all chakra chambers and facets, Light packets from the Great White Lodge on Sirius,

The anchoring of the Cosmic Heart,

The anchoring of the twelve bodies of Light,

The anchoring of the twelve cosmic stations,

The opening of the alpha and omega chakras,

The opening of the Ascension chakra,

The merger of the Greater Flame with the lesser flame, And Ascension activation and blessings from the twelve mighty Elohim and twelve mighty Archangels so I may be of greater service.

Amen.

After all the energies are anchored, call forth from your Mighty I AM Presence your double merkabah. Call to your Mighty I AM Presence to spin the inner merkabah to the right and the outer merkabah to spin to the left. Remember to breathe while doing this. Ask that your Mighty I AM Presence spin the merkabahs, to stabilize, and solidify, all the energies you have called forth, and anchored.

Note- Please read Dr. Joshua David Stone's books for more information about The Ultimate Ascension Meditation, as well as many other Ascension Meditations. Some of his books are listed in the Bibliography section of this book.

About Dr. Joshua David Stone

Dr. Joshua David Stone, the founder of the I AM University, was one of the most influential Spiritual teachers, leaders and forerunners of our time. He had a Ph.D. in Transpersonal Psychology and was a licensed Marriage, Family and Child Counselor in California, USA. He made his mark in the Consciousness Community as a prolific writer, and introduced inspired ideas such as striving for “integrated full spectrum prism consciousness,” to unfold, and reveal, the fullness of our Divine Potential, and transcending the negative ego mind, as a requirement to realize our Divine Self. He was a pioneer in the field of Spiritual psychology, and authored the concept of integrated Ascension, as well as the noble ideal of striving to become an Integrated Ascended (Enlightened) Master, both terms which he coined, to stress the importance of mastering, and integrating, the Spiritual, psychological, and physical/Earthly aspects of self, to follow an integrated, and balanced approach to Self-Realization.

Source of Dr. Joshua David Stone's biography:

https://www.iamuniversity.org/author/dr-joshua-david-stone/

Contacting the Afterlife and Other Realms, my method

Lie down or sit comfortably. Enter into Reiki energy for the purpose of contacting (name of spirit). You are performing a self-healing and awaiting contact. As the energy raises your vibrations, you will begin to see with your mind's eye. You will see the being or place you asked to connect to. If you contacted a being, they will begin to speak to you telepathically. Ask questions, then write everything down. Using energies you will be able to access up to the Ninth dimension.

Contacting the Afterlife and Other Realms, my experience using the techniques from the works of Steve Murray

Not everyone needs to channel the after-life or other realms. Most seek closing or information. Only your heart knows what to do.

ADVICE- only ask to contact a specific person or being that is for your highest and greatest good. Ask that Archangel Michael and your guardian angels or spirit guides, protect you from all harm and ill will during the contact, and help you with understanding the information during the contact. If you follow these words, you will not be harmed, and you will learn something from the contact.

Before you start any spiritual connections, you should open your spiritual portal. You only have to do it once, because after that, you will open and close it each time, during a session, by touching your hand to your forehead.

Allow 10-15 minutes for the process. To open it, get in a meditative state for 5 minutes, then state the following prayer. Then, meditate on the words for another 5 minutes. You will then be attuned, for opening and closing your spiritual portal.

Prayer to open your portal (done only once): "I ask that my spiritual portal be cleared and opened for spiritual connections for my highest good. That this expanding and opening of my spiritual portal, only allows spirits for my highest good to come forth. I ask that I will be guided and protected during my spiritual contact, and have contact only with spirits that I seek for information, and guidance. That I receive this information with clarity and understanding, in a form I can understand. I ask that this spiritual portal be open each time I touch my forehead with my right hand, before spiritual contact, and for the portal to be closed, when I touch my forehead again with my right hand, after the contact is over. So it is."

Prayer to contact spirits (done every time afterwards): After initial opening of spiritual portal, this can always be done. Get in a meditative state. Intend to contact (name of spirit). Ask your source, God, higher power or whatever your belief, for your protection and wellbeing during the session. Ask for a white or a golden healing light to surround you and fill the room. Ask for wisdom and guidance throughout this session. Ask that this session will only be for your highest good. Touch your forehead with the right hand to open the portal. Await contact. You may feel cool temperature, energy flooding over you, and see something in your mind's eye. This is the contact. Spirits often talk telepathically. Listen and ask questions. When done, give thanks to the spirit. When finished, touch your forehead with the right hand again, to close the contact. Write everything down and ground yourself.

Once contact is made initially, it will be easier to contact the other side again. It will also be easier for them to contact you.

What proof is there that this works? Here is my experience.

I was contacted by someone I knew who died in a car crash in 2005. She needed help along her spiritual journey. The contact was via my mind’s eye. More proof to me that we don't really die. Our Earth bodies die, but we move to another realm, accessed via the mind’s eye, and the heart. She appeared in her Earth body shape, but the face was the most clear, the rest was kind of apparition-like. It was a positive contact. My mind always thinks after-life contact is scary, and so does my body, but my heart knows the truth. It was actually a very positive experience, because we had a positive experience in

life before she died. It is the same conversation, the same personality, the same memories, just different dimensions. I sent her Reiki to assist her, and the Reiki flowed! Reiki and telepathic contact (prayer/meditation initiate this), both exist in our realm, and the other realms. They are all different vibrations of light. Light exists everywhere in the macrocosm and the microcosm.

When people pass over they only lose their bodies, everything else is intact. If they liked you in life, they like you on the other side. If they didn't like you, they still don't like you (but through forgiveness Higher Powers can intercede and protect you). That is why it is so important to make amends in life, and forgive as much as possible. You can change emotions/thoughts better on Earth. As a body, you are more than just emotions/thoughts. Without a body, that's a lot of what you are.

Death/Dying purification ritual

Say "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha," vibrating the mantra three times. Imagine Buddha floating over the crown chakra of the dying or dead person.

Imagine Buddha becoming seven Buddhas floating over their crown. From bottom to top, they are: Buddha of Signs, Sound, Gold, Glory, Ocean, Light, and Medicine.

State each Buddha name seven times and imagine them dropping nectar of purity onto the person. After stating each name seven times, the Buddha dissolves into the Buddha above. The cycle continues until all Buddhas have dissolved and the nectar of purification dissolves into the person.

Imagine Buddha extending hooks from his heart into the person's hara chakra (under belly button). The hooks pull the person into Buddha's heart. Chant the mantra another three times: "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha." This prevents them from being reborn in the lower realms. Give thanks to Buddha.

Then invoke Quan Yin, the Goddess of Compassion to spread compassion on the person. Say, "Namo Quan She Yin Pu'sa" three times. Imagine rays of love emanating from Quan Yin to the person, bathing them in the Love of God. The person is now purified. Give thanks to Quan Yin.

Note: This ritual is adapted from the original Medicine Buddha ritual found in the Medicine Buddha Reiki Manual by Stephen Comee.

Chapter 5- Wisdom- A Collection of Teachings

As One reaches the Buddhic plane of Consciousness, Oneness is Experienced.

- My Higher Self

Here is a collection of my teachings. Enjoy!

How can Reiki or other energies help me?

What is Reiki?

Reiki (pronounced ray-key) is Japanese for Universal Life Energy. Reiki exists in and around us. A Reiki healer is able to tap into this limitless energy, for the purpose of bringing others back into wholeness and balance. Reiki can also be sent to heal situations in the past, present, or future. Reiki protects you from harm.

You may use Reiki or other energies as you are guided.

These are some of the ways I use Reiki or other energies-

Use for power and protection. I like to add Cho Ku Rei with a triple swirl of blue light of Archangel Michael's protection on all people, cars, and buildings, to protect each, for their highest and greatest good.

Heal a situation. Examples- War in Ukraine, Fires, Floods, Hurricanes, Earthquakes, Volcanoes, Tsunamis, Political Unrest, and Economic Distress, etc. Send Reiki or other energies for world peace. Or individually- heal a relationship, heal finances, and heal job, etc.

Heal self or others- you can do hands on healing, or distant healing. Distant healing involves the visualization of the Higher Self of the recipient, or a picture of them, or a name and location.

Heal the world- send Reiki or other energies into the grid of the Earth. Accelerate the Ascension of humanity.

Heal the afterlife- Send Reiki or other energies to the other side of the veil, to help a loved one cross over.

Use Reiki or other energies in attunements or healing sessions- Create a chi ball to hold the attunement or healing session, and send it to the Higher Self of the recipient. Ask the recipient to call in the attunement or healing session, when they are ready.

Use Reiki during meditation sessions to view the Akashic Records, or to connect to your Higher Self, or to the Ascended Masters, and Angels, or to the higher realms. The energy serves as a medium to transport your

consciousness.

That is how Reiki and other energies can help you. I see you all and I'm here for you all. Thank you all of you from the bottom of my heart for all that you do. You are truly appreciated as you spread the Love and Light around the planet. I love you all. God bless you all.

In Loving Service. Namaste.

My Reiki story

This is about how I got into Reiki and other energies. This is my spiritual background.

During the years of 1996-2006, I went through an identity crisis. Although I was raised as a Protestant, I had trouble finding Spirit. I could only access the physical, emotional, and mental bodies. I prayed, I went to church, but I had trouble understanding Spirit. So I prayed for the wisdom to get to know Spirit. I never understood the Holy Spirit in the Bible, and wanted to know the Holy Spirit. I read in the book of Acts about laying on hands. Acts 8:17- "Then Peter and John placed their hands on them, and they received the Holy Spirit." I looked up laying on hands in 2006, and went for a Reiki massage at Radiance Herbs and Massage in Olympia, Washington. I could not believe that I felt energy flowing through my body, coming from another's hands. I was convinced Reiki was an aspect of the Holy Spirit, since it aligned with the Book of Acts' mention of laying on hands. After that, I began awakening to Spirit.

In 2007, I began to receive distant attunements from Steve Murray via his DVD videos. I became a Reiki Master in 2007, with gratitude to Steve Murray for his powerful attunements. Steve Murray taught me that Reiki attunements could be received distantly. Check out his website at https://healingreiki.com. Then, later in 2007-2008, I received various distant attunements online from Kathy McConnell, and learned about the chi ball method, the call in method, from Tami MacDowell at Healings of the Heart.

Then I received attunements from Stephen Lovering (including Usui Reiki re-attunements). They were instant attunements. Many of the attunements were initially, from the founder of many of the systems- Ole Gabrielsen. Ole Gabrielsen, the founder of Kundalini Reiki and many Reiki modalities, has an online website for attunements, so check out his amazing attunements, which I believe he also uses chi balls, to provide attunements. It's at https://olegabrielsen.com.

Also in 2007, I became an Essene Healer under Dr. John F. Gilbert, and learned about Gnosticism, and the Tree of Life. In 2008, I was attuned to Lightarian Reiki and the Lightarian Rays. Visit https://www.lightarian.com to

learn about the Lightarian programs. All of these people (and organizations) I mentioned, are all fantastic spiritual mentors, and I highly recommend all of them to you. They are amazing people bringing Light to Earth.

In 2008, I began to channel Alpha Omega Healing, and share it with you. In 2009, I went through an Ascension experience, which I talk about in my books. In 2009, I started the City of Shamballa, as a spiritual community to share the Light with each other, and lift each other up. In 2010, I published my first book 45 Free Reiki Attunements. I also started my YouTube channel Oneness and Love.

I read the Complete Ascension Manual by Dr. Joshua David Stone, and learned about his Ascension meditations. You can follow Dr. Joshua David Stone's work by visiting https://www.iamuniversity.org.

I was active on the City of Shamballa through 2013, then took a break while dealing with some life challenges, until I became active in 2022 again, and published more books, such as the Path of Oneness, and made more videos.

In 2022, I ventured into Buddhism, Hinduism, and Theosophy to learn new perspectives on Spirit. In 2022, I also learned about the Gene Keys, I read Richard Rudd's book The Gene Keys: Embracing your Higher Purpose, and took the Gene Keys Golden Path program at https://genekeys.com. The Gene Keys are fantastic, and I highly recommend checking out his website.

Since my awakening in 2006, I've been receiving downloads from Spirit, and can feel my Kundalini rising, and my chakras activating, with pressure and heat.

I'm looking forward to the next phase of this journey, which includes upgrading the City of Shamballa website, to make it more mobile friendly, and to continuing to post wisdom, attunements, and healing sessions. I'm continuing to volunteer for the Distant Healing network. I also want to be more active in person, volunteering for charities, and being generous in whatever way I can. This is the school of Life on Earth, and the more we can lift each other up, the more impact we have on the world, and all of humanity.

Anyway, that is my spiritual background, thank you all of you, from the bottom of my heart, for all that you do. You are truly appreciated as you spread the Love and Light around the planet. I love you all. God bless you all.

In Loving Service. Namaste.

Challenges are Opportunities

Greetings. Namaste my brothers and sisters. This is a discussion of Challenges as Opportunities. If what I say resonates with you, great. If not, then let it fall away.

My goal is to be of service to the whole, and I'm sharing my perspective of Challenges being Opportunities, in hopes that this can be applied to your life.

This is my perspective.

Ra in the Law of One states: "The catalyst of experience works in order for the learn/teachings of this density to occur. However, if there is seen in the being a response, even if it is simply observed, the entity is still using the catalyst for learn/teaching. The end result is that the catalyst is no longer needed. Thus, this density is no longer needed. This is not indifference or objectivity, but a finely tuned compassion and love which sees all things as love. This seeing elicits no response due to catalytic reactions. Thus, the entity is now able to become Co-Creator of experiential occurrences."

Those are a lot of big words from Ra, to say that catalysts (we call them challenges), exist as opportunities.

The Qu'o says "The moment contains love," in its teachings.

Every single moment, contains choices to polarize toward service to others (Ra calls this the Confederation of the Law of One), or service to self (Ra calls this the Orion Group).

Let me illustrate some examples. My neighbor is in their yard. I see them, as I am also outside. A loving service to others response to the neighbor is to wave hello. A service to self-response is to ignore them, or yell at them.

Another example. There is a forest fire, or massive tornado, that is destroying a community. A service to others response is to pray, send Reiki for protection, gather food and water supplies for those displaced, and the first responders on the front lines, to volunteer for charities, and to open your home for displaced families, etc. A service to self-response to the catalyst, is to ignore those in need, call them suckers, and to think it wasn't me, so I don't care. Or, it may be their response to take advantage, and burglarize vacant homes, for valuables, or cause other crimes.

Another example. Being in the War in the Ukraine. A service to others response is to set up emergency shelters for the displaced, to offer medical care, and to offer food and water. To defend their homeland. To support those in need. A service to others person sees themselves as an instrument of the Creator, an instrument in service of the whole of humanity, to lift others up. A service to self-response is to continue to commit offensive violence against the people, and enslave the population to control them. A service to self-person sees people only as instruments, to meet their own ends.

Another example. A car accident. A service to others-response is to be a witness, to give medical care, and to call for an ambulance, etc. The response is, how can I help? A service to self-response, would be to ignore the scene, and say I'm glad it wasn't me, sucks to be them.

There are so many examples that could be discussed.

Every single challenge is an opportunity to polarize, for service to others, or service to self. The Zen Master Thick Nat Han said “We all have good and bad seeds inside of us, it depends on which seeds we water, that is what we grow and harvest.”

Often in the greatest times of stress, we polarize the greatest.

I'll give an example in history. Mother Teresa was on the streets of Calcutta, India lifting up the poorest of the poor. Jesus did similar service during his time on Earth. The service to others path sees only opportunities to serve another, which serves the Creator. Going into the most devastated areas, being around people in total misery, and lifting them up, that is how we heal our darkest shadows within. That is how we attract the most Light from the Creator, which is how we attract God's Grace to us. To forgive the unforgiveable. To love the unlovable.

On the service to others path, we show our true potentials for unconditional love and compassion, the hallmark for the next density of Oneness and Love, the next dimension we find ourselves in, on our ascending evolution.

With deepest gratitude to all of you my equal brothers and sisters. We are all on equal paths to the Creator. Shine on in your life experiences! Radiate! Be the love you want to see in the world. From my heart to yours, God bless you all, Namaste.

Oneness

Greetings. Namaste my brothers and sisters. This is a discussion of Oneness. If what I say resonates with you, great. If not, then let it fall away.

My goal is to be of service to the whole, and I'm sharing my perspective of Oneness, in hopes that it is beneficial, in applying to your life.

This is my perspective.

My first exploration into Oneness, was to understand the Golden Rule. The Golden Rule has been a guiding moral rule for ages.

It is based on the Divine Law of Oneness. The Law of Oneness states that everything, and everyone is connected. Everything we do has a ripple effect, which affects the collective. Life is the Many and the One, Life is Unity in Diversity. We are all One. Jesus the Christ talks about the Golden Rule, the Law of Oneness in Luke Chapter 6: Verses 31-38:

"Do unto others as you would have others do unto you. For if you love those who love you, what thanks do you receive? For even sinners love those who love them. And if you do good to those who do good to you, what thanks do you receive? For even sinners do the same. And if you lend to those from

whom you hope to receive, what thanks do you receive? Even sinners lend to sinners, to receive as much in return. But love your enemies, and do good, and lend, hoping for nothing in return. Then your reward will be great, and you will be the sons of the Highest. For He is kind to the unthankful and the evil. Be therefore merciful, even as your Father is merciful. Judge not, and you shall not be judged. Condemn not, and you will not be condemned. Forgive, and you shall be forgiven. Give, and it will be given to you: Good measure, pressed down, shaken together, and running over will men give unto you. For with the measure you use, it will be measured unto you."

If you do a search of the Golden Rule at Wikipedia, you will discover that every religion discusses the Golden Rule, which is based on the Divine Law of Oneness.

If you go to the website https://www.goodreads.com/quotes/tag/oneness you will see thousands of quotes about Oneness.

Oneness is truth, because we are cells in the body of Source, God, Our Creator. Here is a passage to support this comment, about being cells in the body of Source.

This passage is from Romans Chapter 12: Verses 3-8.

"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully."

It is my perspective that Our Source is both beyond comprehension, and form, and also found within all creation, this is what makes Source infinite, both being no form, and also form. We are divine sparks of light in our hearts, and everyone, and everything around us, also has a divine spark of light within. Our sparks of light merge, into a unified field of Light, at the Oversoul, or Higher Self levels.

That is why judgment is harmful, because it leads us away from Oneness. We are all slices of the same Divine truth, we just have our own unique perspectives of the same truth. Be open to other perspectives. Listen to another without judgment. Remove gossip. Never talk bad about another, because like Neville Goddard says, we are all mirrors of each other. We reflect each other's qualities- positive and negative. Through looking into

another, we can see ourselves. If we talk bad about another, we are talking bad about ourselves. If we support another, we support ourselves. If we give another a healthy boundary, we are giving ourselves healthy boundaries. Why can others see you more clearly, than you can see yourself? It is because others are not veiled, through forgetting. Learn from each other, there is always something to learn from another.

See each other as equal Divine sparks of Light, equal beautiful souls, on our own unique journeys, back to the Creator. Remove all judgment of the five physical senses, or the mind, and filter your life experiences, through the heart. What is another sense organ that we have? Our hearts.

Use your heart as your primary sense organ, to perceive this dimension. The heart sees beyond the veil of forgetting. See all beings as brilliant sparks of Divine light. Honor your brother and sister. They are sacred just as you are. As your honor another, you honor yourself, and the Creator will honor you. That is why humility is important, because through humility, we honor the Creator. When another asks for help, then help them to the best of your ability. When you need help, then ask another for help. We all have unique talents, and abilities, that serve the whole. Let us help each other. Support another, through the vibration of love. See opportunities to serve another, and lift another up, and that spark of happiness or compassionate comfort you provide to another, will return back to you lifting yourself up.

In 2009, after understanding and practicing the Golden Rule, I was lucky to be blessed with an experience of Oneness where I felt bliss and connection with all of life. Everyone, and everything, were One with me in my heart. As we serve another, we serve ourselves, and we resonate more with the Divine Law of Oneness.

Eventually as you progress in practicing Oneness, you will see that Mother Earth, nature, all people, everything is you, and that all share the same Divine Spark of the Creator. Notice, that when you are peaceful inside, your outer experiences will become peaceful. When you support others, others will naturally support you.

It is an honor to serve you by sharing this love and wisdom. With deepest gratitude to all of you my equal brothers and sisters. We are all on equal paths to the Creator. Shine on in your life experiences! Radiate! Be the love you want to see in the world. From my heart to yours, God bless you all, Namaste.

The Energy Body

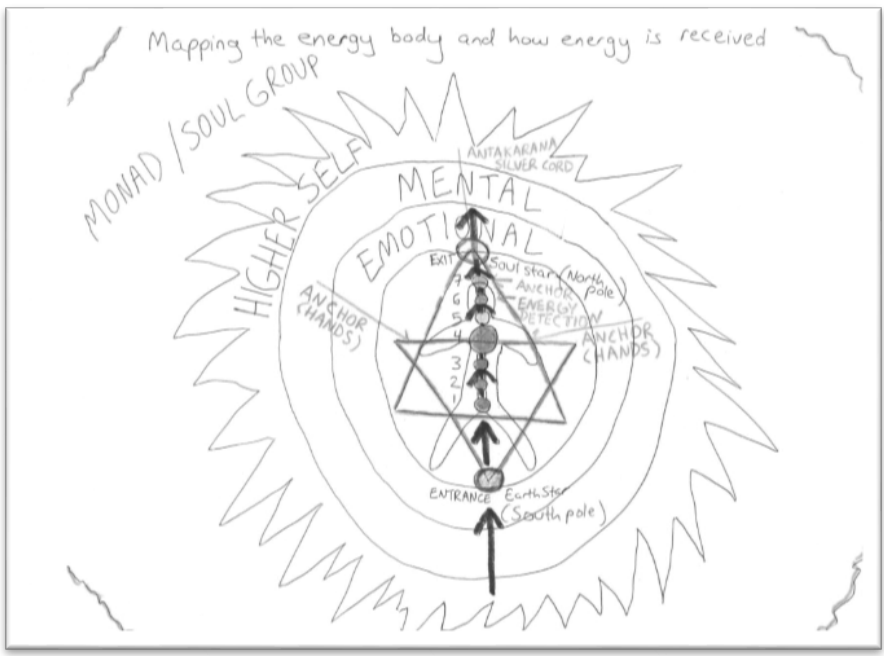
Greetings. Namaste my brothers and sisters. This is a discussion of the energy body. If what I say resonates with you, great. If not, then let it fall away.

My goal is to be of service to the whole, and I'm sharing my perspective of the

energy body, in hopes that it is beneficial, in applying to your life.

This is my perspective.

Here is a picture of the energy body from my experience. It is a general overview of the energy body. The energy body is quite complex, when you consider the meridians, and other connections into the central nervous system. This discussion is about the basic mechanics of the energy body.



As one reaches for Spirit, one receives connections with Spirit. It is a two-way street. I believe we are being upgraded, when cosmic energies are sent to the Earth, in order to develop our light bodies further, to manifest more of our Spirit on Earth.

Our physical bodies are surrounded by larger emotional bodies, which are surrounded by larger mental bodies, and even larger Spiritual bodies. Think of the Earth and its atmosphere, as an analogy. Some sources online, say that our Spirits are at least 30 feet or 9 meters across. That is why, when a Spiritual person walks into a room, others can detect them. The fields of each person are meeting each other. Light is detected at a subconscious level.

Beyond our Spiritual bodies, we have our Higher Self, and Monad, or Soul Group. We are connected together, beyond space and time, at the Soul Group, or Oversoul level. Sometimes we receive thoughts of another, on the other side of the world, this is evidence of that connection. Intuition is also evidence

of the connection, as our larger Spirit bodies send messages, to our mental bodies, and emotional bodies.

The two opposite triangles, the Star of David, the merging of duality into unity, can be overlaid over the physical body. The intersection of these triangles, is at the heart. The upward pointing triangle connects to the Soul Star, or the Alpha chakra. This is the Chakra of the Divine Masculine. The Godhead is a manifestation of the Divine Masculine. The downward pointing triangle connects to the Earth Star, or the Omega chakra. This is the Chakra of the Divine Feminine. Mother Gaia is a manifestation of the Divine Feminine. So is Mother Mary and Kwan Yin. Both Masculine and Feminine are equally important, and unify into Source. They are two sides of the same coin of Source, both equal expressions.

The Soul Star is reaching to Source, and the Earth Star is becoming Source. Another example of the Divine Masculine and Feminine in action, is the conscious and subconscious mind. The conscious mind is masculine and electric. The subconscious mind is feminine and magnetic. The subconscious mind magnetizes experiences to us, as delivered by our Higher Self. That is why it is important to continue to repeat positive thoughts and affirmations. We program our subconscious mind magnetically, in this way, to attract positive experiences. Then, we express gratitude, with our conscious minds, for those experiences, to attract more positive experiences, electrically to us.

As we grow in consciousness, the crown chakra of our head polarizes toward Source, and then energy follows consciousness, and Source energy flows into us, through the Omega chakra, and root chakra. This activates the Kundalini energy, and Shakti from the root chakra rises, to reach Shiva in the crown chakra. Shakti is a magnetic field, and Shiva is an electric field. The receiving of energy is very much in our bodies like the Earth. The Earth receives cosmic energies at both the north and south poles. Think about the aurora as an example. So, the energy in our fields, touches both the north and south poles of our bodies, and generates auroras at those locations. That is where the concept of the halo comes from. The aurora of energy from the crown chakra is so intense, it can be seen.

When energy is received, it is grounded in our hands, crown, and root chakra. The third eye and crown chakras detect the energy, and then it anchors in the hands, and then it downloads. This energy download, initiates the Kundalini in the root chakra, to rise to the level of energy consciousness. Each chakra is a level of consciousness. When Kundalini flows through all chakras, enlightenment is reached. This process has been sped up from multiple incarnations, into one incarnation, due to the Divine Plan.

Major chakra activations are called spiritual initiations. The process is controlled by the Higher Self, much like the heartbeat, and the process is unconscious. The Higher Self serves experiences to us in life, in order to

polarize, called catalysts. As we choose selflessness, we polarize toward the Higher Self (through the Alpha chakra). Then, the Higher Self delivers the energy, through the Omega chakra, and we are becoming the Higher Self. Energy follows consciousness, and consciousness follows energy. As our light body energy levels increase, we have more awareness, and can be of more service. As we serve more, we receive more energy. Eventually we become like the sun, shining on everyone, and everything, equally, and lifting everyone, and everything around us up.

The reason it feels time is speeding up, is on Divine purpose. Time is speeding up to serve us more life experiences, in a shorter time, in order to polarize quicker, and thus reach the stage of Harvest as the Law of One calls it. Since 2012, there have been two Earths, as Earth shifted into the photon belt, which sends cosmic energies originating from the Great Central Sun. There is a 3rd dimensional Earth, a 4th dimensional bridge, and a Fifth dimensional Earth. Those who choose service to self, or want to stay on 3rd dimensional Earth, are allowed to make their choice. The cataclysms will affect those on 3D Earth. The challenges, will be seen as much pain and suffering, at their stage of consciousness. Those who choose to move into the 5th dimension, will cross the bridge through the 4th dimension (Energy work like Reiki is an example of the bridge), and enter into the 5th dimensional New Earth of Oneness and Love. Cataclysms and challenges, are seen as opportunities to serve, at the 5d stage of consciousness.

Here is a story about my experiences.

In 2006-2008, I experienced cleansing of the root, sacral, and solar plexus chakras, as there was much density to be cleared from past lives. Most of the pressure and heat was experienced strongly, when density had to be cleared from the chakras. Densities are fixed beliefs, limitations, restrictions, lack of perspective, lack of unity, and lack of multidimensionality, etc. During this time, my third eye finally opened, after enough Reiki attunements, and felt like someone was pushing their thumb, between my eyes, from the inside of my head.

Then, in 2009, the Kundalini entered my heart chakra, after acts of selfless service, and I felt much spiritual fire in the heart, and I experienced bliss and oneness with everything and everyone, which accelerated my unconditional love. Then, in 2022, I was blessed with transfiguration, by the Christ Light of the Oversoul, again after acts of selfless service, experiencing connection with everything, and everyone, in Light, and accelerating my wisdom. Also, since 2022, I feel fast vibrating waves of Light, in my fields. Now, I am reaching out to others, and forming groups of Light on Earth, as a result of this elevation of consciousness, and increased spiritual energy.

My major initiations followed acts of selfless service. After the service experience, I felt energy in my crown, and then I went to lie down. Then, I felt

the energy in my hands. Then, the energy entered the root chakra, and flowed upwards toward the crown. I would feel heat and pressure in my chakras. As I progressed upon my spiritual path, the Light levels increased in my multibody system (physical, emotional, mental, and spiritual). Now, the focus is on right mind/awareness, right thought, right feeling, and right action. This is from the effect of light, on all of my bodies. Also, increased light, brings stillness/ mindfulness/zero point. Increased awareness, sees opportunities to serve.

How does this map of the energy body apply to you? We are all One, so perhaps you receive energy the same way. Or, perhaps you receive energy in different ways, as we are multiple facets of the same One Source. Do you experience Reiki attunements in this manner? Do you experience Distant Healing sessions in this manner? Do you experience spiritual initiations in this manner? Hopefully, this map of the energy body is helpful, for you in your understanding.

It is an honor to serve you by sharing this love and wisdom. With deepest gratitude to all of you my equal brothers and sisters. We are all on equal paths to the Creator. Shine on in your life experiences! Radiate! Be the love you want to see in the world. From my heart to yours, Namaste.

***

The next teaching relates to the Gene Keys. Visit http://www.genekeys.com to obtain your Gene Keys Hologenetic Profile and to take the Golden Path program which is a deep-dive into the Gene Keys.

***

God's Instrument

Greetings in the Love and Light of our Creator. Peace and Love to all of you.

Today's lesson is on The Path of Surrender. My goal is to be of Service to the Whole. To be Love in Alignment with Free Will. If this lesson resonates with you then great, if not then let it fall away. This is my perspective. We are all slices of the same truth, so I am open to your perspectives as well. Only when all sense of self is merged into the whole, can we realize the truth. My name is Chris or Christopher, which means the Christ Bearer, so this lesson for you is part of my purpose.

According to Richard Rudd's book The Gene Keys: Embracing your Higher Purpose, Gene Key 43 explains the Ascension or Awakening process eloquently. The Process is Survival, then Service, then Surrender. Let's

estimate that each phase of life is 30 years, but it is unique to each person. So approximately 30 years spent in Survival, followed by 30 years spent in Service, and followed by 30 years spent in Surrender. Only God knows how long each process takes, or where you are at, but this is a general guideline to paint a picture for you. Honestly, I'm starting to believe that younger generations take less time in each phase, as the Planet's vibration lifts more into Love, as we move closer to the Great Central Sun in the Universe. An example of a younger generation, would be the Crystal children.

So let's talk about the Survival phase. Survival is full 3D. 3D is designed, to allow us to make free will choices for polarity. At first, your purpose is Survival. The Survival phase in living in the shadows, as discussed in Richard Rudd's Gene Keys. Survival phase examples are "How do I get enough to eat/ drink, where is my shelter, and will I have enough money?" The vast majority of humanity is in this phase, but changes are happening behind the scenes, lifting humanity to the next phase. During this phase of Survival, humanity indulges in physical, emotional, and mental addictions. It is the avoidance of pain, and the acceptance of pleasure.

This phase has the ego in full bloom. The Survival phase is fear-based. The Survival phase is absorbed in negativity. The Survival phase is also all about the Selfish "I". In my Survival phase, I enjoyed the pleasures of the senses, which led to more suffering. I ended up nearly dying 3 times. During the Survival phase, Spirit is not understood. The losses and pain were wake-up calls, to enter the next phase. There had to be more to life than just suffering. That is when ignorance is removed, and awareness begins. In the next phase, Spirit starts being understood.

The next phase of Awakening is Service. Service is 4D and 5D. Many Lightworkers are in this phase. The Service phase leads to the Gifts, as discussed in Richard Rudd's Gene Keys. Service is embracing the shadows, taking responsibility for your actions, and unlocking the Gifts. The Service phase starts, when you open your heart, then re-connect with your Soul, and you ask "What is my Purpose? - My Purpose must be more than chasing money, and basic needs."

Your Soul will resonate back to you, and guide you to your Purpose. Once we enter into the Service phase, we begin to choose jobs, and volunteer work, that aligns with our purpose. Also, there are many techniques to connect to your Soul. It is my perspective that Reiki Healing, and other types of energy healing, Mantras and prayers, as well as Silent Meditation, connect you to your Soul. Simply being in Service to Others, to make others happy, will re-connect you to your Soul. You may get more psychic, and start reading thoughts, and feelings. When you awaken to your Soul-connection, you are more intuitive- following intuition, over what the mind thinks. You start to learn that what you do to others, is done to you, that the inner, and outer are

connected. You also start to learn that others are connected to you. The Service phase is the movement from Service to Self, to Service to Others. The negative polarity never enters the Service to Others phase, because it involves the opening of the heart.

In the Service phase, humanity is tired of indulgence, and selfishness, and finds satisfaction, in love to others. Service is work that feels good to the person, but there is still some separation between Service, and God, in the person's consciousness. The Service phase, is the gradual merging, of the human personality, with the Soul. The Involution of God's Grace, meets resonance, with the evolution of Humanity, searching for freedom. The Service phase begins the Path of Initiation. Richard Rudd talks about the initiations in Gene Key 22. Also Charles Leadbeater talks about it in the Masters and the Path. The Path is also found in Initiation - The Perfecting of Man by Annie Besant.

During the Service phase, the person moves into refining purity, in the thoughts, feelings, and body. Service is when the individual begins forgiving. The individual asks for forgiveness. Service is when gratitude is embraced. Gratitude leads to Satisfaction, which leads to Peace. Service is the movement of the person's entire being, into Service of the Whole. The questions at this phase are "Why does evil exist? Why is there so much suffering? What is God? What is Spirit? What is my purpose?"

As refinement, and connection to love gradually happens, then love filters through the person's being. That love vibration allows the higher Buddhic, Atmic, and Monadic bodies, to descend, and merge with the human personality. The Buddhic body (Divine heart) is the body of Oneness/Love/ Compassionate action, the Atmic body (Divine mind) is the body of Christ Consciousness, and the Monadic Body is The Oversoul/Group Soul, and the body of Divine Will. The Monadic body is Oneness with God. At this point in the phase, the person begins to release the Ten Fetters, as talked about in Buddhism, and follows Buddha's Noble Eight-fold Path.

The person lives, and breathes Spirit in daily life. Spirit overtakes the person's life. The connection with God, and the Ascended Masters, Angels, and other beings is stronger. The person begins absorbing spiritual wisdom at a rapid pace. I will leave some wisdom books, for recommended reading, down below. As a result, of all of the work in the Service stage, Oneness is experienced. Oneness is a result of God's Grace.

Duality is removed, the tree of knowledge of good and evil (duality), is uprooted, and the tree of life appears. Good and Evil are seen as expressions, sides of the same coin, as well as pleasure and pain. They are choices, that show contrast to each other. They are God's Will, and part of the 3rd density we live in, which has the purpose for us to choose our polarity.

Eventually, Service work, and worship/devotion to God, become one in the same. All life's experiences are seen as opportunities, and then, are seen as sacred. Doing good works on Earth, are all that matter, in the Service, and Surrender phases. During these phases, all individual needs are surrendered, for the needs of the whole. The person still has self-worth, and keeps healthy boundaries, but endeavors to be love in all actions. Empathy and compassion improves at this stage. This phase leads to becoming like a child, in awe of God's Grace and Beauty.

The Service Stage leads to the Surrender Stage. Surrender is 5D and 6D. Surrender is Oneness with Spirit. Surrender is Oneness with God. In this stage, only God exists, and all is God. There is nothing else. Only God. The grip of the mind on the human, is released at this stage. Past and Future are released, and only mindfulness- being in the Present happens. Only working from the heart exists. There is no judgment anymore, or negative thoughts, or feelings.

The Surrender stage leads to the Siddhis, as discussed in Richard Rudd's The Gene Keys. The Surrender stage starts with total Oneness with all of Creation. Unconditional Love for all beings. Love in alignment with the free will of each. This stage is the Surrender of the individual self, for the Greater Self. The merger of the human personality, with the Higher Greater Self. The Surrender of the Soul (which was the bridge of the human to God), and to merge completely with God. There is no individual "I" anymore. Everything in life is done for the Greater Good. Everything is done to please God. Have no desire, but the Desire for God. You can desire to make others happy, for that in the end God is pleased, since we are all One.

If you want an example of the Surrender stage, I invite you to read the book Mother Teresa, Come be My Light, the Private Writings of the Saint of Calcutta. In her prayers and letters, you can feel the Surrender. Another book about Surrender is St. Francis of Assisi's biography. Or simply read all 64 Gene Keys in The Gene Keys: Embracing your Higher Purpose by Richard Rudd. In the final act of Surrender, of all individual needs, desires and wants, the vessel becomes emptied. The Surrender of the individual self. It involves complete humility, and complete loss of the self. In a paradox, the vessel then becomes filled with God's presence. The Buddhic, Atmic, and Monadic bodies, combine fully with the human, but the human personality is driven to follow only God's Will. Remember The Buddhic body (Divine heart), is the body of Oneness/Love/Compassionate action, the Atmic body (Divine mind), is the body of Christ Consciousness, and the Monadic Body, is The Oversoul/ Group Soul, and the body of Divine Will. In the stage of Surrender, the human becomes Divine. If there is no human left in the vessel, only Divinity exists. Only God is this instrument, and this instrument is only God. At this point, all existence, all creation, is realized to be part of the body of God. Creation is cells in the body of God. Therefore, literally what you do to

another, is done to yourself, because all of Creation is seen as connected, with God's Love and Light.

The human personality has become the Adam Kadmon, the perfected human. The Divine human now sees with God's eyes, hears with God's ears, talks with God's voice, thinks with God's consciousness, and uses God's hands. The human vessel is now God's Instrument. Only God is present, as the human mind, emotions, and body, were sacrificed, and surrendered, in favor of God. All of life is seen as connected, with a stream of Eternal Light. All creation is seen as sparks of God. Serving another spark of God, is serving God, because you are a spark of God. That's why Mother Teresa says, I am only the Instrument, all Glory be to God. This is in fact, truth, at the Surrender stage. Not my will, but Thy Will. God's Will be done.

The Surrender phase is the dawning of the Christ, in each of us. The Christ Consciousness. Jesus said I AM THE WAY, I AM THE LIFE. This is because God was working through Jesus, and GOD IS THE WAY AND GOD IS THE LIFE. Once the Surrender phase is completed, the Ascension process on Earth, is completed. This would be the Communion, or 6th stage of Ascension.

The Surrender phase is freedom of the Law of Karma, as the individual was sacrificed, for the Greater Glory of God. God has no karma, so a former being is replaced with a Divine being, free of karma. The Soul is absorbed into the Monad, or Oversoul.

At the conclusion of the Surrender phase, the being is harvested, as the Law of One discusses, which is that the being has achieved 51% Service to Others or Greater, to be harvested into Eternal Life.

That is my understanding of the three phases that culminate in enlightenment. Today's lesson was about The Path of Surrender. My goal is to be of Service to the Whole. To be Love in Alignment with Free Will. If this lesson resonated with you, then great, if not then let it fall away.

This instrument of God, which expresses as Chris, honors the Divine in you. Peace and love to all of you. From my heart to yours, I love you all. With deepest eternal gratitude to all of you for listening to these words. I am the way, I am the light, I am the path, which leads to Eternal Life.

As Buddha says, I am the raft that leads to the shore. Do not mistake the raft, for the shore. Go onwards, my brothers and sisters, to the shore. God is the shore. God is All That Is. Who has ears, let them hear.

The Divine in me honors the Divine in you. Shine on my brothers and sisters. Wishing God's Grace upon all of you. God's Will be done on Earth, as it is in Heaven. Praise the Lord our God on High! Kodoish Kodoish Kodoish Adonai Tsebayoth! God bless you. Namaste my brothers and sisters.

***

Service Phase Book Reading (Not an all-inclusive list; find what resonates with you):

The Complete Ascension Manual by Dr. Joshua David Stone;

Beyond Ascension by Dr. Joshua David Stone;

The Law of One 101- The Choice by Carla Rueckert;

Book of Knowledge: Keys of Enoch by Dr. JJ Hurtak;

Bhagavad Gita;

Pistis Sophia translated by G.R.S. Mead;

The Goal of Life by Hiram Butler;

The Causal Body and the Ego by Arthur E. Powell;

Initiation, Human and Solar by Alice A. Bailey;

The Masters and the Path by C.W. Leadbeater;

108 Lectures of Wisdom at http://www.maharishiphotos.com/lecture1.html

21 Essential Lessons (Vol. 1 and 2) by AMTF;

The Gene Keys: Embracing your Higher Purpose by Richard Rudd; Also check out https://genekeys.com/

The Voice of the Silence by Helena Blavatsky;

The Corpus Christi - Science of the Rainbow Body by Richard Rudd; Also check out https://genekeys.com/

Surrender Phase Book Reading (Not an all-inclusive list; find what resonates with you):

Mother Teresa, Come be my Light: The Private Writings of the Saint of Calcutta

St. Francis of Assisi, A Biography by Omer Englebert

The Corpus Christi - Science of the Rainbow Body by Richard Rudd; Also check out https://genekeys.com/

The Gene Keys: Embracing your Higher Purpose by Richard Rudd; Also check out https://genekeys.com/

Surrender Phase Quotes:

"As a being, standing in the sun, suffused with its light, and pouring it forth, would feel no difference between ray and ray, but would pour forth along one as readily and easily as along another, so does one on the buddhic plane feel brotherhood (or sisterhood) and pours themself into any one who needs their help. One sees all beings as themself, and feels that all one has is another's as much as one's: in many cases, more another's than one's, because their need is greater, their strength being less."

- Arthur E. Powell

"Think, not what you want to do, but what you can do that will help someone else; forget about yourself, and consider others. A pupil must be consistently kind, obliging, helpful- not now and then, but all the time."

- The Master Kuthumi (The Masters and the Path, p. 80)

Chapter 6- Wisdom- Steps to finding the Divine within

Gratitude is the sign of noble souls.

- Aesop

Pray to the Divine, have faith in the Divine.

Connect with the Divine (Meditation/Solfeggio frequencies/attunements/ healing etc.).

See the Divine using Higher Sight via the third eye chakra.

Communicate with the Divine telepathically.

Look for clues the Divine leaves- numbers, lyrics of songs etc.

Surround yourself with Loving music and TV (romance/comedy are good). This raises the vibration of your emotional body and subconscious.

Surround yourself with Loving people.

Be brave to lift a negative person up, by helping them find Love (in alignment with free will). This lifts the vibration of the collective.

Have right thought/mind, right words, and right action.

Keep healthy boundaries. Respect another and respect self.

Reciprocate- Give Love and Receive Love.

Every day have an affirmation- Today is a great day, all is perfect, all is well, all will be well, Today I am happy, Today I make others happy- This heals the mental body and the subconscious.

Be love to self and others (forgive self and others, help when you are able, respect free will- free will just is).

Slow down the mind using Mindfulness- Stay in the present moment- It is the only moment, where our physical bodies exist. The present moment has the only power for conscious decisions. The past and future are the realm of the subconscious, but not the conscious. Embrace the present moment. See the beauty of the present moment, as a child sees (with awe for God's grace and God's beauty).

In the present moment, consciously recognize that life is full of lessons (opportunities). This allows you to face karma, and cleanse it quickly. Don't worry if you did not respond correctly in a situation, that situation will spiral back. It will be the same lesson with different characters, or scenery, the next time. You will have another chance to solve the situation. Each lesson is an opportunity for selflessness, or selfishness. Each choice you make in the

lesson, encourages your pull upwards, or downwards. A momentum builds. You attract the outer experiences in life, reflected by your inner nature.

Remember, there is always someone above you, and below you. Follow the middle way. You can always learn from others, and you can always help another, by lifting them up.

Listen more than you speak. Acknowledge each other. Be love in alignment with free will. Respect others. Love your neighbor as yourself. Follow the Golden Rule.

Realize we are all connected, and all One. What we do to another, ripples through the universe, and comes back.

Share in the banquet of Life together. Lead another to God, in alignment with their free will. Never force your views on anyone. However, if they ask for help, or guidance, then guide them. Realize we are all equal brothers and sisters, destined for the Divine (in each's own time, as their free will allows).

Equally love all beings. Equally respect free will. Remove all ego and pride. We are all in this together.

We are all equal Divine sparks of God. Look into the eyes of another. When you see their soul, or your own soul, looking back, you're in higher consciousness. We're all connected. (From Vash Narain Reiki on Facebook and so true).

Be compassion and empathy in action. Be generous, and you attract prosperity. Be satisfied, and have gratitude, and you attract prosperity.

Energy follows consciousness. Also known as "Where Intention Goes Energy Flows." Focus on selfless Love, to open the heart chakra, then focus on selfless Love expression, and then surrender, to Divine Will. The Kundalini will purify the root, then sacral, then solar plexus, then heart, through throat, through third eye chakras, and this opens the crown chakra. Kundalini is felt as pressure, and heat, as it moves through the chakras.

Only Divine Love and Wisdom exist (Buddhic). Only Divine Thoughts exist (Atmic). Only Divine Will exists (Monadic).

Be love, do good works on Earth, every situation is an opportunity to Love. Fall in love with love.

Have total surrender to God. Not my will but Thy will. Total surrender of all separation to God. The lower thoughts, feelings, and physical body, are all illusion (their separation from God).

The truth is Divine Will, Divine Mind, Divine Heart/Love/Wisdom, Divine Completion, and Divine Unity. The truth is your Higher Self, and the Divine inside, and outside everywhere. All is One. All is Love and Light.

God's Grace be upon you always. The Love and Light of our Creator be upon you always. I appreciate each of you. I bow to the Divine in each of you. Thank you for all that you are. Shine on my brothers and sisters!

Chapter 7- Wisdom from the Masters

“Be universal love--radiating towards no one object or person in particular but, like the sun, shining on everything in its path”

- Buddha

“We all have good and bad seeds inside of us, it depends on which seeds we water, that is what we grow and harvest.”

- Thich Nhat Hanh (paraphrased from a recorded teaching)

“In the middle of difficulty lies opportunity.”

-Albert Einstein

“I AM Life being lived, I go with the flow, I stay in the moment and filter my thoughts and feelings through my heart as I commit to loving action in service to others, I AM worthy, I give and receive love as the moment presents itself, I AM gratitude for all blessings, I accept all challenges as opportunities to grow, I send impersonal love to all beings recognizing all deserve love, I AM love in alignment with free will, I detach from outcomes and know God's Will is done. I AM an instrument of God's Will. A cup of love that flows over. I bow to the Love and Light in all of you. We are All One.”

- My Higher Self (during a message to me in meditation)

“Be universal Love. You are the river. You flow. Free will exists here and will always exist here as this is the nature of this density. Not everyone is ready to accept your love. These are the barriers, the rocks. The water simply flows where it is accepted. The love flows where it is accepted. The water flows around the rocks, the barriers people create. But what happens when rocks are near the river? They are carved slowly by the water. So just keep flowing your love. Being near your love will break the barriers in due time. Continue to flow your love like the water and you make a difference for the whole planet.”

- My Higher Self (during a message to me in meditation)

“Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.”

- Sri Ramana Maharshi

“Your own Self-Realization is the greatest service you can render the world.”

- Sri Ramana Maharshi

“You can only stop the flow of thoughts by refusing to have any interest in it.”

- Sri Ramana Maharshi

“Your duty is to be and not to be this or that. 'I am that I am' sums up the whole truth. The method is summed up in the words 'Be still'. What does stillness mean? It means destroy yourself. Because any form or shape is the cause for trouble. Give up the notion that 'I am so and so'. All that is required to realize the Self is to be still. What can be easier than that?”

- Sri Ramana Maharshi

“There is neither Past nor Future. There is only the Present.”

- Sri Ramana Maharshi

“All that is required to realize the Self is to “Be Still.”

- Sri Ramana Maharshi

“The only useful purpose of the present birth is to turn within and realize the Self.”

- Sri Ramana Maharshi

“Grace is always present. You imagine it is something somewhere high in the sky, far away, and has to descend. It is really inside you, in your Heart, and the moment you effect subsidence or merger of the mind into its Source, grace rushes forth, sprouting as from a spring within you.”

- Sri Ramana Maharshi

“Complete surrender does require that you have no desire of your own, that God’s desire alone is your desire and that you have no desire of your own.”

- Sri Ramana Maharshi

“If a person overlooks the faults of others, and sees only their merits, and thus keeps his mind serene, his whole life will be happy. To be unconcerned in all

things, with the mind cool, free of desires and without hate, is beautiful in a seeker."

- Sri Ramana Maharshi

"It is enough that one surrenders oneself. Surrender is to give oneself up to the original cause of one's being. Do not delude yourself by imagining such a source to be some God outside you. One's source is within oneself. Give yourself up to it. That means that you should seek the source and merge in it."

- Sri Ramana Maharshi

"Do what is right at a given moment and leave it behind."

- Sri Ramana Maharshi

"As One reaches the Buddhic plane of Consciousness, Oneness is Experienced."

- My Higher Self (during a message to me during meditation)

"As a being, standing in the sun, suffused with its light, and pouring it forth, would feel no difference between ray and ray, but would pour forth along one as readily and easily as along another, so does a man on the buddhic plane feel brotherhood and pours himself into any one who needs his help. He sees all beings as himself, and feels that all he has is theirs as much as his: in many cases, more theirs than his, because their need is greater, their strength being less."

- Arthur E. Powell

"Father....Not my will, but yours be done."

- Jesus/Jeshua (Luke 22:42)

Perfect Attributes of the 7 Rays:

1. Strength.

"I will be strong, brave, persevering in his service."

2. Wisdom.

“I will attain that intuitional wisdom which can be developed only through perfect love.”

3. Adaptability or Tact.

“I will try to gain the power of saying and doing just the right thing at the right moment—of meeting each man on his own ground, in order to help him more efficiently.”

4. Beauty and Harmony.

“So far as I can, I will bring beauty and harmony into my life and surroundings, that they may be more worthy of him; I will learn to see beauty in all Nature that so I may serve him better.”

5. Science (detailed knowledge).

“I will gain knowledge and accuracy, that I may devote them to his work.”

6. Devotion.

“I will unfold within myself the mighty power of devotion, that through it I may bring others to him.”

7. Ordered Service.

“I will so order and arrange my service of God along the lines which he has prescribed, that I may be able fully to take advantage of the loving help which his holy Angels are always waiting to render.”

- C.W. Leadbeater

“The Heart (Love) is the key to leaving the matrix of separation and entering the Unity of God.”

- My Higher Self (during a message to me during meditation)

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” - John Wesley

“No act of kindness, no matter how small, is ever wasted.”

- Aesop

“Gratitude is the sign of noble souls.”

- Aesop

“That which is above is from that which is below, and that which is below is from that which is above, working the miracles of one.”

- Hermes Trismegistus

“Be the I within the I. Be the observer within the doer.”

- My Higher Self (during a message to me during meditation)

“If I do not go to the hell to help the suffering beings there, who else will go? ... if the hells are not empty I will not become a Buddha. Only when all living beings have been saved, will I attain Bodhi.”

- Ksitigarbha

“Love is the glue of the universe. Through acts of Love we attract our Spirit. May we realize that We are all One.”

- My Higher Self (during a message to me during meditation)

“You are accepted and loved with open arms. May you be blessed. We are ready to assist you when you need our help.” - Law of One response

“The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace.” - Mother Teresa

“The sign of a great leader is not one who receives power from others, but one who empowers others. When leadership works, it creates leaders, not followers. True leadership is not about amassing followers, it is about building teams, it is about creating social structures that effect change, however small or great, in the world.”

- Unknown

“Be the master and cause of your reality, not the victim of it.”

- My Higher Self (during a message to me during meditation)

“Tend the fire of your heart- with each act of love the fire grows more toward me.”

- God (during a message to me during meditation)

“Do good works on Earth.”

- God (during another message to me)

“If you judge people, you have no time to love them.”

- Mother Teresa

“It's amazing Molly. The love inside, you take it with you.”

- Sam to Molly before ascending to heaven in the movie Ghost

“No life can express, nor tongue so much as name, what this enflaming, all-consuming love of God is. It is brighter than the sun, it is sweeter than anything called sweet; it is stronger than all strength; it is more nutrimental than food, more cheering to the heart than wine, and more pleasant than all the joy and pleasantness of the world. Whoever obtaineth it is richer than any monarch on Earth; and he who getteth it is nobler than any emperor can be, and more potent and absolute than all power and authority.” - Jakob Böhme

“Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows.”

- Nisargadatta Maharaj

“The final goal is to help humanity achieve all seven levels of initiation instead of focusing on your own. In truth, you live as much in your brother and sister as you live in yourself. To help your brother and sister is to help yourself, for your brother and sister are you, since God has only one child. Any time you hold back on giving to your brother and sister due to competition, ego factors, or separation, you are, in truth, just shorting yourself. Your brother and sister are mirrors, and what you receive in this incarnation is exactly what you give- no more and no less. Make the choice never to compete or compare and, for the most part, to keep the statistical aspects of your spiritual growth to yourself, for in truth, all are God, whether

they have taken any initiations or not."

- Dr. Joshua David Stone

"I have been all things unholy. If God can work through me, He can work through anyone."

- St Francis of Assisi

"A human being is part of the whole called by us universe, a part limited in time and space. We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined primarily by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive."

- Albert Einstein

"When the power of love overcomes the love of power, the world will know peace."

- Sri Chinmoy Ghose

"Be universal in your love. You will see the universe to be the picture of your own being."

- Sri Chinmoy Ghose

"When you chase the light, darkness cannot catch you."

- Unknown

"For where there is reverence for good works and light in the mind, even darkness fleeth away from him."

- The Testament of Benjamin, from the Apocrypha

"The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and

earnestly."

- Buddha

"Always be nice to people on the way up; because you'll meet the same people on the way down."

- Wilson Mizner

"Become a conscious observer and practice detachment. Do not allow yourself to be pulled into a vortex of negative energy created by others. Learn to stand firm and in control, as the director of your sacred energy. Do not allow anyone to disturb your serenity and harmonious nature."

- Ronna Herman

"Jesus said, "There was a rich man who had much money. He said, 'I shall put my money to use so that I may sow, reap, plant, and fill my storehouse with produce, with the result that I shall lack nothing. Such were his intentions, but that same night he died. Let him who has ears hear."

- The Gospel of Thomas, from the Apocrypha

"Do not hold grain waiting for higher prices when people are hungry."

- Zoroaster, also known as Zarathustra

"Jesus said, "If your leaders say to you, 'Behold, the kingdom is in the sky,' then the birds in the sky will get there before you. If they say to you, 'It is in the sea,' then the fish will get there before you. Rather, the kingdom is inside you and outside you. When you know yourselves, then you will be known, and will understand that you are children of the living Father. But if you do not know yourselves, then you live in poverty, and embody poverty."

- The Gospel of Thomas, from the Apocrypha

"Be good, be kind, be humane, and charitable; love your fellows; console the afflicted; pardon those who have done you wrong."

- Zoroaster, also known as Zarathustra

"Ever since happiness heard your name, it has been running through the streets trying to find you."

- Hafiz

“Father, forgive them for they know not what they do.”

- Jesus, from Luke 23:34

“As you sow, so shall you reap.”

- Jesus

“When the Nazis came for the communists, I remained silent; I was not a communist. When they locked up the social democrats, I remained silent; I was not a social democrat. When they came for the trade unionists, I did not speak out; I was not a trade unionist. When they came for the Jews, I remained silent; I was not a Jew. When they came for me, there was no one left to speak out.”

- Pastor Martin Niemöller (1892–1984)

“For the Light is with me, and I myself am with the Light.”

- Pistis Sophia, A sacred Gnostic text

“LOVE IS THE TRUTH

LOVE IS THE WAY

AND LOVE IS THE LIFE

NO ONE COMES UNTO GOD UNLESS THEY KNOW HOW TO LOVE”

- Christian Andreason

Chapter 8- Divine Laws

That which is above is from that which is below, and that which is below is from that which is above, working the miracles of one.

- Hermes Trismegistus

#1 – The Law of Free Will (Free Will exists, and We all have Free Will that must be respected.....Also allows the Choice for positive or negative polarity).

#2 – The Law of Cause and Effect (also known as Karma or the Law of Balance).

#3 – The Law of Divine Compensation (Good deeds will be rewarded, Be Open to Receive from all sources, both seen, and unseen; The Law of Attraction- Take action steps and then be open to receive).

#4 – The Law of Grace (You are graced with miracles beyond your imagination, Express gratitude for Grace).

#5 – The Law of Oneness (Everything and Everyone is connected. Everything we do has a ripple effect which affects the collective. Life is Many and the One, Life is Unity in Diversity. We are all One).

#6 – The Law of Divine Intervention (Prayer and Forgiveness for Self and Others, the Divine is here to support you).

#7 – The Law of Correspondence (As Above, So Below).

#8 – The Law of Absolution (Life has lessons that are full of opportunities).

#9 – The Law of Infinite Possibilities (Be open to all possibilities for your highest and greatest good).

#10 – The Law of Guidance (There are Divine clues along the way).

#11 – The Law of Gender (Masculine and Feminine energies exist in all things, both are different sides of the same coin, equally important).

#12 – The Law of Rhythm (There is Movement and a Rest, Everything has cycles and rhythm, Example- think of the seasons Spring, Summer, Fall, Winter).

#13 – The Law of Polarity (Everything has polarity- good and evil, hot and cold, love and fear, all are two sides of the same coin...contrast brings clarity).

#14 – The Law of Vibration (Everything vibrates at different levels, and Everything is in constant motion, Vibrations can affect Vibrations, Example- good vibes make you smile, bad vibes make you uneasy).

Chapter 9- The Path of Dharma

Father....Not my will, but yours be done.

- Jesus/Jeshua in Luke 22:42

This chapter was inspired by Tom Kinney. This chapter discusses my interpretation of the 5 hindrances, 10 fetters, 7 awakening factors, and the Noble Eight-fold Path. Contemplate these. How are these related to your awakening? How have you experienced these?

The five hindrances are:

Sensory desire: seeking for pleasure through the five senses of sight, sound, smell, taste and physical feeling.

Ill-will: feelings of hostility, resentment, hatred and bitterness.

Sloth-and-torpor: half-hearted action with little or no effort or concentration.

Restlessness-and-worry: the inability to calm the mind and focus one's energy.

Doubt: lack of conviction or trust in one's abilities.

From https://en.wikipedia.org/wiki/Five_hindrances

There are ten fetters (or chains) and associated awakening stages:

A "Stream-enterer" is free from:

1. Identity view, the belief that there is a fixed self in the five impermanent material forms. Basically being trapped in the material illusion.

2. Attachment to rites and rituals

3. Doubt about the teachings

A "Once-returner" has greatly lessened:

4. Sensual desire

5. Ill will

A "Non-returner" is free from:

4. Sensual desire

5. Ill will

An Arhat is free from all of the five lower fetters and the five higher fetters,

which are:

6. Attachment to form (desire for form)*

7. Attachment to formless (desire for formless)*

8. Conceit

9. Restlessness

10. Ignorance

*Release of these two is to surrender to God's Will, to become the instrument, where one transcends both the form and the formless simultaneously. God or Source is beyond both dual states. This is called entering zero point or unity.

From https://en.wikipedia.org/wiki/Four_stages_of_awakening

Seven factors of awakening

In Buddhism, the Seven Factors of Awakening are:

Mindfulness- To maintain awareness of reality, in particular the teachings.

Investigation of the nature of reality

Energy also determination, effort

Joy or rapture

Relaxation or tranquility of both body and mind

Concentration- a calm, one-pointed state of mind, or "bringing the buried latencies or samskaras into full view"

Equanimity- To accept reality as-it-is without craving or aversion.

From https://en.wikipedia.org/wiki/Seven_Factors_of_Awakening

The Noble Eight-fold Path:

The Eight Buddhist practices in the Noble Eight-fold Path are:

Right View: Our actions have consequences, death is not the end, and our actions and beliefs have consequences after death. The Buddha followed and taught a successful path out of this world and the other world (heaven and underworld/hell).

Right Resolve or Intention: The giving up of material desires and adopting the life of a spiritual person in order to follow the path; this concept aims at peaceful renunciation, into an environment of non-sensuality, non-ill-will

(moving to loving kindness), away from cruelty (to compassion). Such an environment aids contemplation of impermanence, suffering, and non-self.

Right Speech: No lying, no rude speech, no telling one person what another says about him/her to cause discord or harm their relationship.

Right Conduct or Action: No killing or injuring, no taking what is not given, no sexual misconduct, and no material desires.

Right Livelihood: No trading in weapons, living beings, meat, liquor, and poisons.

Right Effort: Preventing the arising of unwholesome states, and generating wholesome states. This includes "guarding the sense-doors", and restraint of the sense faculties.

Right Mindfulness: A quality that guards or watches over the mind; the stronger it becomes, the weaker unwholesome states of mind become, weakening their power "to take over and dominate thought, word and deed." Never be absent minded, being conscious of what one is doing; this encourages the awareness of the impermanence of body, feeling and mind.

Right samadhi: This is interpreted as concentration or one-pointedness of the mind, and supplemented with vipassana meditation, which aims at insight.

From https://en.wikipedia.org/wiki/Noble_Eightfold_Path

Bibliography

Andreason, Christian quote.

https://www.near-death.com

Bailey, Alice A. Initiation, Human and Solar. New York: Lucis Publishing Co., 1922.

_____. A Treatise on White Magic. New York: Lucis Publishing Co., 1934.

_____. Esoteric Psychology, Vols. I and II.

New York: Lucis Publishing Co., 1936, 1942.

_____. Discipleship in the New Age, Vols. I

and II. New York: Lucis Publishing Co., 1944, 1955.

_____. The Reappearance of the Christ. New York: Lucis Publishing Co., 1948.

_____. The Externalization of the Hierarchy.

New York: Lucis Publishing Co., 1957.

_____. Serving Humanity. New York: Lucis Publishing Co., 1972.

_____. Ponder on This. New York: Lucis Publishing Co., 1971.

_____. The Soul, the Quality of Life. New York: Lucis Publishing Co., 1974.

_____. I AM Discourses, Vol. 12. Schaumburg, IL: St. Germain Press, 1987.

Cooper, Diana. Invocation and Meditation for the

Archangels. https://www.dianacooper.com

Eadie, Betty quote.

https://www.near-death.com

Leadbeater, C.W. The Masters and the Path. Adyar, Madras, India: 1925. The Theosophical Publishing House.

Murray, Steve. The Reiki Ultimate Guide: Learn Sacred Symbols and Attunements Plus Reiki Secrets You Should Know. Las Vegas, NV: Body & Mind Productions, 2003.

Powell, Arthur E. The Causal Body and the Ego. The Theosophical Publishing House. 1928.

Rudd, Richard. The Gene Keys: Embracing your Higher Purpose. Watkins Publishing. 2009.

Rueckert, Carla L. Living the Law of One 101: The Choice. L/L Research, 2009. Available at https://www.bring4th.org

Sri Ramana Maharshi Quotes.

https://www.goodreads.com/author/quotes/201908.Ramana_Maharshi?

Stone, Joshua David. The Complete Ascension Manual: How to Achieve Ascension in This Lifetime. Sedona, AZ: Light Technology Publishing, 1994.

_____. Beyond Ascension: How to Complete the Seven Levels of Ascension experience. Sedona, AZ: Light Technology Publishing, 1995.

_____. Cosmic Ascension: Your Cosmic Map Home. Sedona, AZ: Light Technology Publishing, 1997.

Additional Recommended Resources

Book of Knowledge: Keys of Enoch by Dr. JJ Hurtak

The Law of One teachings available online at https://www.lawofone.info

Bhagavad Gita

Pistis Sophia translated by G.R.S. Mead

The Goal of Life by Hiram Butler

108 Lectures of Wisdom at http://www.maharishiphotos.com/lecture1.html

21 Essential Lessons (Vol. 1 and 2) by AMTF

The Gene Keys: Embracing your Higher Purpose by Richard Rudd

The Corpus Christi - Science of the Rainbow Body by Richard Rudd

The Voice of the Silence by Helena Blavatsky

The Secret Doctrine by Helena Blavatsky

The Chakras by C.W. Leadbeater

Clairvoyance by C.W. Leadbeater

The Astral Plane by C.W. Leadbeater

The Devachanic Plane by C.W. Leadbeater

Dreams: What They Are and How They Are Caused

by C.W. Leadbeater

The Other Side of Death by C.W. Leadbeater

Man Visible and Invisible by C.W. Leadbeater

Initiation, The Perfecting of Man by Annie Besant

Death- and After? by Annie Besant

In the Outer Court by Annie Besant

Karma by Annie Besant

The Etheric Double: The Health Aura of Man by Arthur E. Powell

The Astral Body and Other Phenomena by Arthur E. Powell

The Mental Body by Arthur E. Powell

View more Recommended Reading at

http://ccomish.blogspot.com

Afterword

Thank you for reading this book. This book is an introduction to spiritual energies and teachings which have been available on Earth for thousands of years. Many of these energies and teachings were held in esoteric groups until the time was right for their re-emergence. Only recently, as late as the 20th Century, were the energies and teachings re-discovered, and popularized, into the New Age genre of today.

You are invited to spread knowledge about this book to assist humanity with re-claiming its Divinity. Feel free to rate this book on various retailer websites to attract more people to this book. May all beings be healed and blessed.

It is with deepest gratitude to All That Is, that Spirit is able to manifest on Earth, and return to lift all people up, to that which is beyond words. A great thank you to all guides, masters, guardians, angels, and many unnamed, who show the truth, beyond the veil of illusion, many people find themselves trapped in. May the illusion of separation be forever vanquished. May Love always guide your way in service of all beings.

God bless you. I bow to the Divine in you. Namasté.

About the Author

Chris Comish is a Reiki Master / Teacher, White Magician, and Priest in the Order of Melchizedek. He is known as Qan Melchizedek (Qan Dek) from Shamballa and is a Starseed from the Pleiades and Sirius.

Qan Dek is his spiritual name which Qan is derived from Quan (Yin) which means compassionate one, and Dek is short for Melchizedek, the guiding spiritual order of the ages.

Chris Comish is a member of the Seventh Ray ashram of Saint Germain and the Second Ray Ashram of Masters Kuthumi and Djwhal Khul. His teachers are Saint Germain, Master Kuthumi, Djwhal Khul, Sanat Kumara, the Buddha, Jesus Christ, Quan Yin, the Lord of Sirius, Lord Melchizedek and Archangel Metatron. His protector is Archangel Michael.

Chris Comish is part of the Great Brotherhood of Light/Great White Brotherhood, mentioned by the Ascended Masters in their messages, where Chris convenes with the Brotherhood during meditation.

Chris Comish is here to lift others up in Love and Light. Chris is the founder of The City of Shamballa social network at https://www.cityofshamballa.net and his videos can be watched at his YouTube channel at https://www.youtube.com/user/OnenessAndLove

All thanks are attributed to the Divine. Special thanks to Archangel Metatron and the Order of Melchizedek for inspiring this book and its contents.

Books by the Author

Eternal Spirit (2011) (Non-Fiction)

Eternal Spirit Audiobook (2023) (Non-Fiction)

The Earth Gate (2012) (Fiction)

The Earth Gate Audiobook (2023) (Fiction)

The Path of Oneness (2022) (Non-Fiction)

The Path of Oneness Audiobook (2023) (Non-Fiction)

Attunements and Healing sessions

Alpha Omega Healing Session (2010)

28 Powerful Reiki Attunements (2012)

Alpha Omega Healer Activation (2022)

Axiatonal Lines Connection Attunement (2022)

Cosmic Ray Attunements (2022)

Distant Healing Session (2023)

Purification Healing Session (2023)

Essene Healing Session (2022)

Full Spectrum Healing Attunement (2022)

Gold Reiki Attunements (2022)

Golden Ray Empowerment (2022)

Green Tara Seichim Reiki Attunement (2022)

Higher Self Joy/Bliss Connection (2022)

Imara Reiki Attunement (2022)

Karuna Ki Reiki Attunement (2022)

Kundalini Reiki Attunements (2022)

Lavender Flame Reiki Attunement (2022)

Medicine Buddha Reiki Attunement (2022)

Metatron Initiations (Select Retailers) (2022)

New Usui Reiki Attunements (2022)

Orb of Life Attunement (2022)

Planetary Ray Attunements (2022)

Silver Violet Flame Reiki Attunement (2022)

Usui Reiki Attunements (2022)

Reiki Healing | Heal Worry and Anxiety (2023)

Reiki Healing | Heal Repression (2023)

Reiki Healing | Heal Denial (2023)

Reiki Healing | Heal Shame (2023)

Reiki Healing | Heal Rejection (2023)

Reiki Healing | Heal Guilt (2023)

Reiki Healing | Heal Separation (2023)

Reiki Healing | Heal Gossip (2023)

Reiki Healing | Heal Blame (2023)

Reiki Healing | Heal Jealousy and Envy (2023)

Reiki Healing | Heal Lack (2023)

Reiki Healing | Heal Hate (2023)

Reiki Healing | Heal Anger (2023)

Reiki Healing | Heal Rage (2023)

Reiki Healing | Heal Addiction (2023)

Reiki Healing | Heal Arrogance (2023)

Book of Healing (2024)

Wisdom

Book of Wisdom (2025)